Vol. XVII. NOVEMBER 15th, 1906. No. 20.

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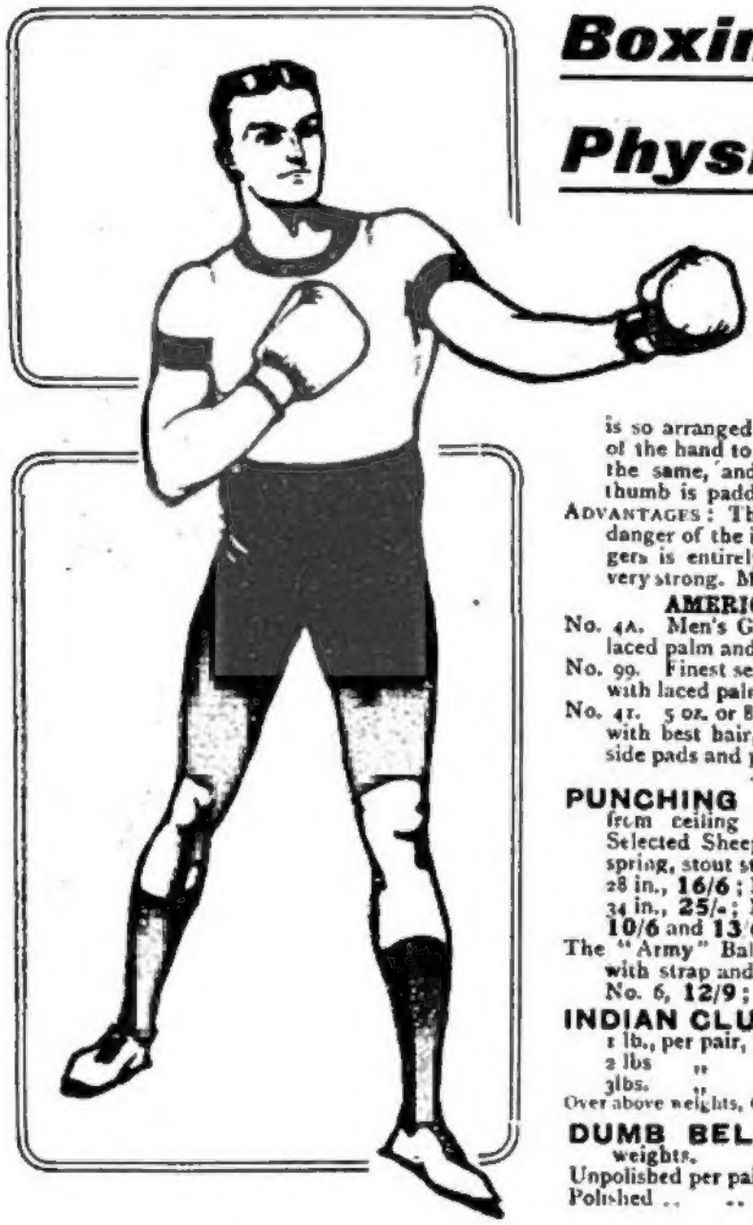

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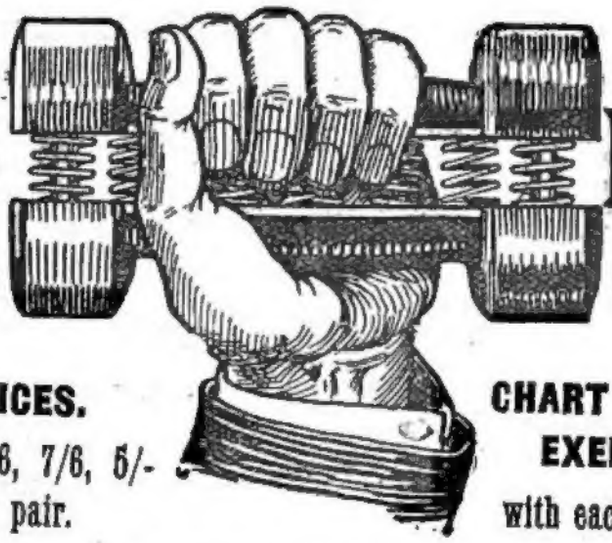

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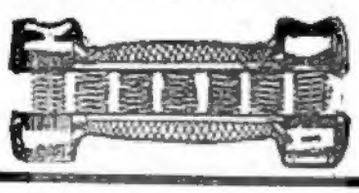

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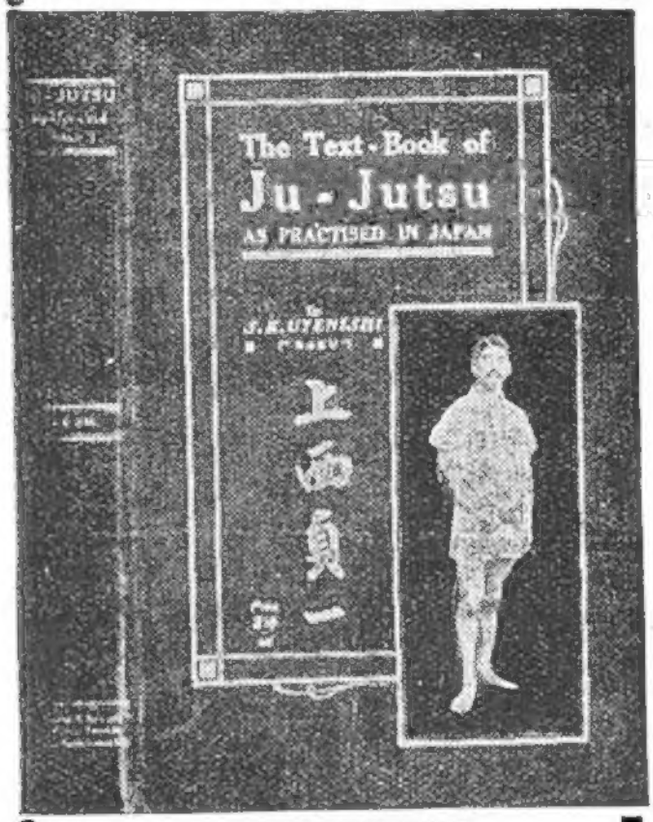

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... OF ...

PHYSICAL CULTURE

EDITOR: EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTICE TO CONTRIBUTORS.—The Editor will at all times be glad to consider Articles, Stories, and Sketches, but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

I HAVE quite a number of surprises in waiting for readers of SANDOW'S MAGAZINE, and the new features and improvements which I am shortly about to introduce will, I have little doubt, make it the most popular and widely circulated of all physical culture magazines. The covers of the magazine have always been one of its most popular features, and I have one or two real startlers at present in reserve. During the winter, too, I intend to publish numerous photos of Sandow-ites in all parts of the world, while I have arranged for numerous exclusive articles by the leading writers on physical culture and health. I want every reader to try and help the cause by obtaining at least one other reader, a task surely that ought not to present any unsurmountable obstacles.

I AM glad to say that a large number of my readers have already done splendid work in this direction by distributing specimen copies among their friends and acquaintances, and also by bringing the paper before the attention of local newsagents. Every little help counts, and I am sincerely thankful to those readers who have assisted in this and other ways. To those of my readers who are willing to distribute free copies of the magazine, I shall be very pleased to send a number of specimen copies, and their hearty co-operation will be very highly esteemed. I want to make the season of 1906-7 a record one, and I know it will be if only those who are already members of the great army of physical culturists will lend their services as health missionaries. Many of my readers who work in large works and business establishments, where hundreds and sometimes thousands of employees are engaged, have a splendid field for such missionary work, and I hope that they will make the fullest use of their opportunities.

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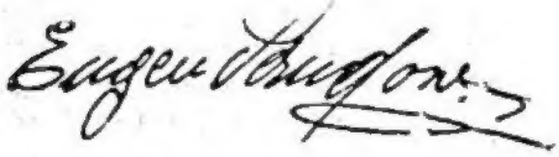
I ESPECIALLY wish secretaries and members of physical culture classes and societies and of gymnasiums to keep me informed of their doings, and to send me any items of news likely to interest other enthusiasts. Photos, too, will always be acceptable, and whenever suitable, published. Never mind whether you possess literary ability or not. Just jot down in your own words any piece of news or any point of view that you have, and post it to me. If necessary, it will be grammatically polished up, and given full typographical honours. I want all my readers, to rouse up, and do something to help the cause of physical culture.



Editorial Opinions Boiled Down.

THE way to overcome your enemy is to be a better man than your enemy is.

TO-DAY is all there is of life for anyone. Yesterday is dead, to-morrow is not yet born.

THE best way to make vice attractive is to undertake to restrain it by legal enactments.

IF every person were strictly moral and just, at least one-half of the sickness would disappear.

THE way to succeed is to forget yesterday, keep busy to-day and expect great things to-morrow.

A CLEAN skin and clean clothes are important, but not so important as clean purposes and pure motives.

THE biggest coward in the world is the one who is continually appealing to the law for protection.

A FORCED smile will finally disfigure the most beautiful face. An habitual frown will do the same thing.

THE free use of water as a beverage will prevent and cure more cases of rheumatism than all drugs combined.

EVERY one should massage his own body every day. This is ordinarily much better than hiring an expert masseur.

A FRUGAL meal, eaten with kindly feelings toward all, is more nutritious and palatable than a costly meal eaten in haste or anger.

ALMOST any one has beautiful eyes, who feels friendly and sympathetic with others. It is suspicion and hatred that make ugly eyes.

IT is vastly easier to settle the problems of human relations in sermon or lecture than to solve these problems in actual, every-day work.

THE best way to settle most disputes is to quit talking about them. The best way to heal most diseases is to leave off speaking of them.

THE way to make life miserable is to keep harping on the past so as to belittle and distract the present, painting gloomy pictures of the future.

A NARROW man is always a stickler for the letter of the law. A broad man cares little for the letter, but seeks to comprehend the spirit of the law.

HOW things might have been is a subject for fools to discuss. How things are now, what they may be made to be in the future, are the only things worth talking about.

THE size of a man's brain is not measured by the size of his head. He may wear a big hat and have a little brain. It is the activity of the brain and not the size of the head that measures intellect.

IT is the one who goes out into the cold and becomes immured to all kinds of weather who does not catch cold. The one who catches cold oftenest is the one who dares not to go out in the cold, keeping himself warm by artificial heat.

IF an entirely new plant were discovered to-day, all the chemists in the world, together with all of the botanists in the world, could not tell whether it were nutritious or poisonous. They would be obliged to try it first, to see which it is.

A SLUGGISH liver is often mistaken for a guilty conscience. When the liver works well, we forget our little mistakes and spend our energies in trying to do better. But when the liver works poorly we sit down and whine over the mistakes of the past.

ONE should sleep alone. Then the body is equally warmed and equally exposed on all sides. To sleep next to another person, the body is unduly warmed on one side, while it is exposed on the other side, which slightly deranges the action of the entire nervous system.

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THE LAST OF THE CENTAURS.

The Thessalian Centaurs were half horses, half men. They were invited to a marriage feast, and being intoxicated, behaved with great rudeness to the women. The men took the women's part, fell on the centaurs, and drove them out of the country.

AUTO-INTOXICATION, OR SELF POISONING.

Why Physical Exercise is Necessary to Health.

By J. Martin Craig, M.D.

"THE organism (body) is a receptacle and a laboratory of poisons." Bouchard, the eminent French pathologist, makes this statement at the beginning of a recent book bearing the title which is the subject of this article.

After many years of careful observation and experimentation, the famous Parisian has positively demonstrated:

That every normal, healthy individual generates enough poisons in the body every few hours in the natural waste products to cause death if retained in the blood and tissues.

That the amount of poison manufactured daily so nearly equals the capacity of the poison destroying organs (liver and lymph glands) and the poison eliminating organs, kidneys, lungs, skin and bowels, that serious symptoms, much suffering, many diseases and deaths result. If any one of the organs named ceases to act for twenty-four or forty-eight hours death results in many instances in a few hours.

The liver excretes enough poison every eight hours to cause death if it were all suddenly introduced into the circulation at one time. The same is true of the kidneys. No animal can live without these organs. The other organs of elimination cannot assume the work of the kidneys. The pores of the skin may be compelled to perform their work, but for a limited time only.

The margin between health and sickness is therefore very narrow. Since the organs of a normal healthy person have all they can do to prevent the poisoning of the body, it is apparent that a very serious condition of things must inevitably result when every organ and function of the body is far below its normal state.

Many of the most common diseases are caused by uric acid and other poisons contained in the body, the result, chiefly, of eating more animal or albuminous food than the body requires or can assimilate. The sources and effects of this important poison will be more fully discussed later.

PTOMAINE POISONS.

Another important group of autotoxins or poisons are the ptomaines which are formed in the alimentary canal, the result of fermentaion and putrefaction of undigested food materials. Many of these ptomaines are deadly poisons, being similar in their action to strychnine, morphine, atropin, nicotine and other alkaloidal poisons. Normally these poisons are arrested by the liver and destroyed or excreted in the bile. If the liver is sluggish in its action or unable to arrest and excrete them, they pass into the systemic circulation and cause a great many diseases and distressing symptoms. Fatal cases of ptomaine poisoning are only too frequent.

Harter reports some conclusive experiments with one of the poisons always found in the intestinal contents. When given in small doses for some time this poison produced emaciation. Larger doses caused contraction of pupils (resembling morphine), muscular twitchings, heart depression, feeble respiration, general prostration and severe headaches. In such cases this poison was found in large quantities in the urine. This and many others are found in abnormal quantities in the urine of sufferers from acute and chronic mental and nervous diseases, such as melancholia, mania, chorea, hysteria and epilepsy.

Bouchard reports numerous experiments proving conclusively that normal urine contains several distinct poisons, two of which cause convulsions; one is a narcotic causing contraction of pupillary muscle (like morphine) and another lowers the temperature, the body becoming cold. Some cause stupor and coma, others excitement and insomnia.

The most practicable proof obtainable

that these conditions are the result of auto-intoxication, is the fact that free activity of all the eliminating organs, skin, kidneys, liver and bowels in connection with proper diet, completely cures the majority of the acute and many of the chronic cases of mania, melancholia, epilepsy, neurasthenia, insomnia, gout rheumatism, neuritis, neuralgia, Bright's disease, diabetes and obesity.

THE URIC ACID AND XANTHIN GROUP.

The more common diseases due either directly or indirectly to auto-intoxication or self-poisoning are articular and muscular rheumatism, lumbago, sciatica, neuritis, neuralgia, gout, arthritis, deformans, Bright's disease, tonsilitis, nasal catarrh, pharyngitis, hay fever, migraine or uric acid headache.

This list might be indefinitely prolonged, for wherever uric acid or its immediate antecedents are present irritation, pain, inflammation and congestion result. The circulation of the blood through the delicate capillaries is obstructed. The nutrition and function of any or every muscle, nerve or gland cell in the body is impaired. The cells are not nourished; the poisonous waste materials are not removed. The life and vitality of the tissues are lowered. Their resistance to invading hosts of disease-producing microbes is lessened. Thus it may be said without fear of convincing scientific contradiction that uric acid and other poisonous waste substances daily formed in every human being, if allowed to accumulate, cause, make possible, or aggravate every contagious, infectious, functional or surgical disease. To lower vital resistance invites the entrance and development of every microbe or disease-producing germ or agent. Germs, like seeds, require conditions favourable to their growth. Vital resistance is our only safeguard against invasion. A few germs planted in tissues devoid of their natural resistance multiply to many millions in a few hours.

Auto-intoxication, self-poisoning from defective elimination of toxins from deficient kidney, liver, lung, skin and bowel activity, lack of nourishment, insufficient food, either quality or quantity, impaired digestion, mal-assimilation, over-work, worry, loss of sleep, excesses of all kinds, open wide the avenues of escape of our reserve and protective forces, and of the entrance of invading hosts of deadly disease-producing microbes, which find a fertile field, feeble or no resistance, abundant nutrition (for they consume our tissues and fluids) and an easy victory over their victim. This explains why some persons contract contagious or infectious diseases easily while others are immune. Their tissues are healthy; their vital resistance able to repel the attack.

BLOOD POISONING.

This often follows injuries and surgical operations, and patients die of "shock" from the same, because their systems are overcharged at the time with their own poisons, which paralyse the resisting powers of the organism, giving easy and free entrance to the various kinds of pus, tubercular, and other disease-producing bacteria. The irritation caused by these toxins or poisons in the delicate tissues of the lungs, pleura, meninges (coverings of the brain and spinal chord), peritoneum (lining of the abdominal cavity), and intestines, prepares the way for the entrance of the germs causing tuberculosis (consumption), pleurisy, pneumonia, cerebro spinal meningitis, typhoid fever, peritonitis, appendicitis, and a hundred other death-producing diseases.

BRIGHT'S DISEASE

Is the result of the irritating action of uric acid on the delicate lining of the secreting tubules of the kidneys, causing the loss of large quantities of albumen and preventing the elimination of the poison-laden urine, with the result sooner or later of uraemic coma and death.

RETINITIS AND OPTIC NEURITIS,

Or inflammation of the retina and optic nerve, causing impaired vision or total blindness, is due to the same cause. In fact, thousands of cases of Bright's disease have been first diagnosed by these conditions being discovered in the eye by the occulist.

APOPLEXY

Is the result of degenerative changes in the blood vessels, the effects of bodily poisons, of alcoholic beverages, and the

toxins or poisons generated by disease germs. Here again uric acid plays an important *rôle*.

It causes inflammation, congestion and obstruction in the capillaries; the circulation of the blood is impeded. The heart, in a determined effort to force the blood through, raises the pressure in the arteries beyond their power of resistance. A ruptured blood vessel in the brain and "a stroke of paralysis" or "heart failure" is the natural result.

In the gouty individual, whose system is saturated with uric acid, a full meal and a few glasses of wine frequently precipitate an acute attack of gout or congestion of the blood vessels while still at the banquet table. The large number who have fallen under such circumstances positively proves the point.

DIABETES

Is caused in a similar manner. It is held by the highest authorities that autotoxins generated in the alimentary canal so disturb the functions of the pancreas and liver that their glycolitic action on starch and sugar are disturbed or entirely destroyed. Normally the starch and cane sugar taken as food are first converted into grape sugar, which is later changed by the liver cells into glycogen or "liver starch" and stored in the liver and given out to meet the needs of the body. In diabetes this does not take place. The starch and sugar are allowed to escape as glucose in the urine and the body starved in consequence. Our energy, bodily heat and most of our adipose or fatty tissue, come from the starch and sugar taken as food. Diabetics whose systems let this important part of our food go to waste are always thin, cold and weak.

It must be remembered that the presence of sugar in the urine is not a sure sign of diabetes. Sugar will be excreted thus if an abnormal amount is consumed.

Dr. Haig, a distinguished London specialist, says in his recent work on "The Causation, Prevention and Treatment of Gout": "To-day we can produce all forms of arthrites (rheumatism, gout) and other so-called diseases, simply by swallowing uric acid. We can also take drugs or foods which will either cause or prevent these difficulties. A diet free from uric acid will soon eliminate excess of uric acid in the system.

"It is therefore necessary to look to two points:

"(1) To introduce into the body as little uric acid as possible.

"(2) Not to take more than the physiological allowance of albument, hat which suffices to produce three grains of urea per pound of body weight. (This can only be determined definitely for each individual case by a careful study of the habits, occupation and physical condition of the individual)."

CONCLUSION.

From the foregoing brief sketch of this all important subject, we conclude:

(1) That uric acid and many other poisons found in the urine, bile, intestines and tissues are natural waste products, like the ashes and cinders that remain after a fire.

(2) When the organs of digestion, assimilation and elimination perform their several functions perfectly, the necessary poisonous waste materials are neither formed in excess nor allowed to accumulate; provided always that only the proper kind and quality of food is consumed.

(3) The most common sources of autointoxication or self-poisoning are:

(A) Those introduced in our food or drink.

(1) Consumption of more nitrogenous food than the body requires, especially all flesh or animal foods, also dried peas, beans, lentils and nuts, because they contain a large percentage of nitrogen. Any surplus nitrogen beyond the bodily requirements goes directly to increase the urea and uric acid production.

(2) Particularly animal foods which contain large quantities of uric acid and other animal poisons, formed as the natural waste materials during the life and after the death of the animal. Many peculiar "gamy" flavours are the result of ptomaines resulting from decomposition.

(3) Tea, coffee, and cocoa contain large quantities of xanthin which is always identical with uric acid in its injurious effects.

(4) Acids and acid wines, and malt liquors, decrease the alkalinity of the

blood and reduce its power to hold in solution and excrete uric acid.

(B) Those formed in our bodies.

(1) Ptomaines, absorbed from the alimentary canal, resulting from putrefaction of undigested or non-assimilated food.

(2) Excessive formation from disintegration of our muscle, nerve and gland cells, the result of over-work. A moderate amount of physical exercise, enough to cause free perspiration, and deep inhalation of large quantities of oxygen is most beneficial. It burns up and eliminates all the body poisons. Only excessive, foolish fatigue is detrimental.

(C) Deficient action of eliminating organs.

(1) A liver unable to arrest, destroy and eliminate the poisons brought to it in the blood.

(2) Obstructions in bile duct, causing absorption and retention of bile.

(3) Deficient action of kidneys, lungs, skin and bowels.

Constipation is one of the most common and certain sources of auto-intoxication or self-poisoning. When long continued, poisons are absorbed from the intestines.

TREATMENT.

From the foregoing classification of the sources and causes of self-poisoning the treatment is made simple and plain.

(1) Do not use food substances containing large amounts of uric acid, urea and other poisons (flesh).

(2) Do not use more nitrogenous foods, such as dried peas, beans, lentils and nuts than the body requires. The surplus increases urea and uric acid. It becomes a poisonous waste.

(3) Do not use mushrooms, asparagus, tea, coffee or cocoa; they contain large quantities of xanthin, which is readily changed into uric acid.

(4) Do not overeat. Undigested food undergoes putrefaction and produces poisonous ptomaines.

(5) Do not use acids, wines or liquors; they prevent elimination of uric acid.

(6) Drink copiously of pure water, flush the system by thoroughly cleansing the colon, exercise freely in the open air, breathe deeply; oxygen burns up uric acid and other poisons; regulate the stomach and bowels to prevent generation and absorption of ptomaines.

(7) Lastly and most important; flush the skin frequently.

Here is where many people fail. They may "keep the whole law" as outlined above but do not get desired results because they failed to utilise the largest and most important, but most neglected eliminating organ—the skin.

Uric acid, nicotine and many other poisons are excreted in the perspiration. A few drops of perspiration from the body of a man saturated with nicotine when injected into a rabbit caused its death in a few minutes. The skin will throw off from one to three pounds or pints of poison laden perspiration every day if caused to act.

PATENT MEDICINE TRAFFIC.

THE sale of patent medicines in this country is very great. The *Lancet* gives figures showing the face value of the medicines as represented by the value of the stamps sold for one year. The figures are as follow:

Number of packages.	Full value per package.	Total face value.
31,322,832 ..	1s. 1½d. ..	£1,761,909
7,222,432 ..	2s. 9d. ..	631,963
1,154,092 ..	4s. 6d. ..	259,670
134,357 ..	11s. 0d. ..	73,896
14,808 ..	22s. 0d. ..	16,288
12,625 ..	33s. 0d. ..	20,831
39,861,146	—	£2,764,557

The sale of patent medicines for the year under consideration averaged, therefore, more than one package for each inhabitant of this country, with a face value of over £2,750,000 sterling.

"WE are all great landlords in the sense that the landscape belongs to all who have eyes to see it," says Lord Avebury.

A YOUNG man who had left his native city to study medicine in Paris, and had been applying his time and the paternal remittance to very different purposes, received a visit from his father, who intended making a short stay in the capital to inspect its wonders. During an afternoon stroll together, the day after the elder's arrival, the father and son happened to pass in front of a large colonanded building. "What is that?" said the senior, carelessly. "I don't know, but we'll inquire," answered the student. On the query being put to an official, he shortly replied: "That? It is the School of Medicine."

ON GOING TO EXTREMES.

Making All-Rights All-Wrongs.

A PICTURE appeared in a magazine recently. The picture represented a man standing just outside a tent door in snow up to his waist. He did not have a particle of clothing on. Chest and shoulders, head and face bare.

An article accompanied the picture and went on to explain how this man had cured himself of consumption. He was living in a tent in the severest winter weather. Staying outdoors most of the time, sleeping in the tent at night, which was freely exposed to the cold outside air.

We believe in outdoor air all summer long, all day long and all night long, when the weather permits. But in the rigorous winter weather when the ground is covered with snow and the temperature below zero, a little bit of outdoor air will go a long way. We believe in the most extremely cold weather that the windows should be open enough to make sure that the air inside is pure and fresh. We believe the average person should go outdoors every day, no matter how cold the weather may be. Breathe the cold air and exercise while doing so. We thoroughly believe that there is no better cure and preventive of consumption than pure air, whether it be warm or cold, Pure fresh air from morning till night, from night till morning.

But we do not believe in people going to extremes, as this picture represents. It is foolhardy and shows a lack of common sense for even a strong and healthy man to expose his body to the severe cold of a winter climate. Standing in snow to the waist with lungs and throat and back unprotected will do nothing more than to make one liable to pneumonia, bronchial troubles, and, perhaps, sudden death. It is well enough to harden the body by not pampering it, but going to such extremes as this is rank foolishness.

But this is just what some people do. Advise them to breathe fresh air all the time, exercise outdoors, not to coddle themselves in overheated rooms, and instead of following this advice in a sensible manner they will go to just such foolish extremes as to dispense with their clothing and live like wild animals in the coldest weather. They do themselves nothing but harm. Instead of being sensible they have simply been foolish.

Another person reads in a health magazine that it is good to drink freely of water every day, three or four quarts or more. So he (or she) at once begins. He measures out a tankful or a bucketful of water and sets it by his side. Then all day long at certain very frequent intervals he forces himself to down so many glasses of water.

About every fifteen or twenty minutes everything else must stop and the water act begins. He sips, he gulps, he guggles and gurgles until the water is forced into his unoffending stomach. It is an awful effort sometimes, but he stands up, throws back his head, brings into play the muscles of deglutition, puckers up his face, and finally makes way with a glassful or two of water.

He is not thirsty, his system does not need the water, there is no demand for it. But he watches the clock, and just so many minutes apart drinks so many glasses of water, because he read somewhere that he should drink so many glasses per hour, so many quarts per day.

He drinks and drinks and drinks, until one can well imagine that every tissue in his body is soaked with water, the hollows of the bones surcharged with water, his joints squashing water at every move, every organ of the body suspended in water, floating in water, in fact, his whole system is water soaked, or, as the old farmer would say, he is water-logged.

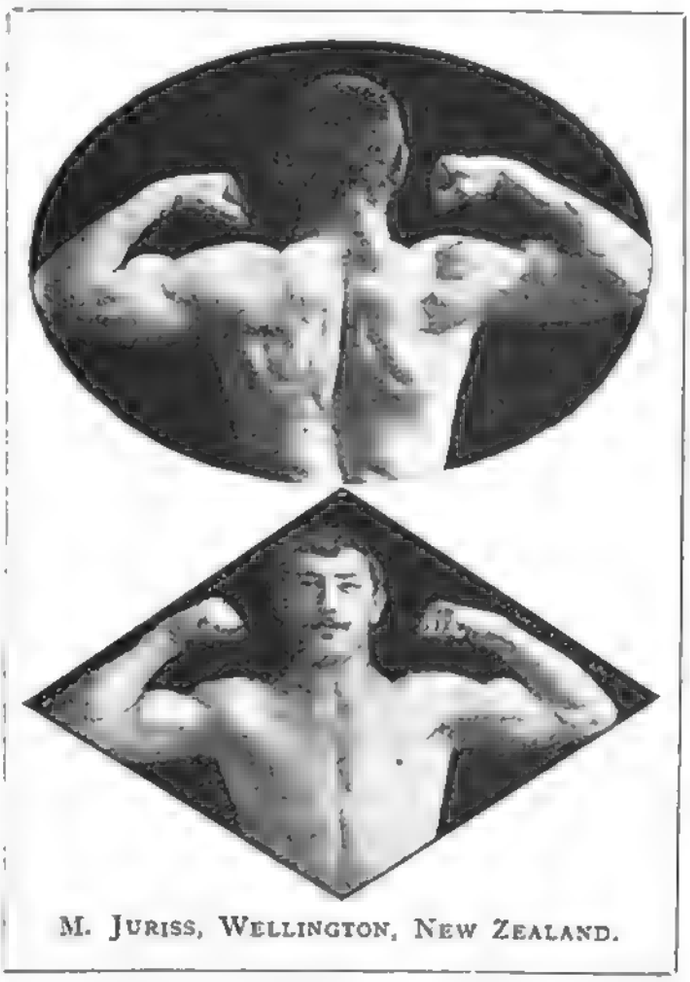
The excretory organs are taxed beyond their power, and the body becomes weak and lank and lean. But still the water toper goes on drinking, flooding his system with great quantities of water, spending a large portion of his time, really

making a business of drinking so many quarts of water per day per hour. One could almost expect to see the water ooze forth from his body on the slightest touch, so much does he drink.

This is going to extremes. Life is too short to spend it in drinking water. Better be a fish and be done with it.

We believe in people drinking water. It is good for them generally, if they do not drink too much of it. A sensible amount of water each day will help wash the impurities from the system. It is good for the liver, good for the kidneys, and so on. But to simply swill water until the excretory organs are taxed beyond their strength to rid the system of it is going to extremes.

Again, another person reads about some health food. It is just the thing to build up the muscles and make brain force, and so on. So he at once discards all other foods and begins to eat this one certain kind of health food. He eats the same thing morning, noon and night. The food may be simply sawdust, ground up bread crust, something that has very little nutriment in it, but has a good sounding name. But because some health journal has recommended this food, this foolish person will go on using it, even though it is plain to be seen that it is not nourishing to the body. His flesh wasteth away from his bones, his eyes become sunken, his cheeks hollow, and with a hungry, cadaverous look he goes about extolling the virtues of this great health food.



M. JURISS, WELLINGTON, NEW ZEALAND.

We are saying nothing against health foods in general. Some of them are very excellent foods indeed. But it was never meant that any one of these health foods should constitute the entire diet of a person. The food is all right, but a person who goes to extremes in using it has made it all wrong.

Again, a person may see it recommended in some journal that to sit in the sun is a good thing, whereupon he immediately goes out, sits down in the hot, broiling July sun, sits there until his skin is baked, his ears blistered, his nose peeled off and the most intense suffering follows. The advice was all right to sit in the sun, but it did not mean literally to bake one's self to a cinder. This only makes a bad thing out of a good thing.

So it is with exercise. Perhaps a person who has never exercised in his life will begin to exercise with all his might, strength and power, and he soon finds his muscles lame, and stiff and sore. He has done himself injury rather than good. The exercise was all right, but it was carried to extremes. Now, this is just what many people do. They read some good advice and instead of using a little bit of gumption in carrying it out they go to extremes and overdo it, and bring upon themselves all sorts of trouble, then turn around and blame the advice that was given or the one who gave the advice.

Air is all right, water is all right, health foods are all right, sunshine is all right, and exercise is all right. All these are good in moderation, but when a person goes to extremes in the use of any of

them he can make them very pernicious and harmful to his whole physical system, instead of the wholesome, healthful agents they were meant to be. In following out any advice along the lines of health every person needs to use a little bit of ordinary common sense and every-day gumption.

Why the City Man needs Physical Training.

By A. E. Garland, M.D.

WE need no statistics to prove that never in the world's history has there been a greater need of strong, vigorous men; nor has there been a time when the mode of living had a greater tendency toward the degeneration and decadence of health. This age of rapid transit and living fast in the crowded cities calls loudly for a mode of life that shall counteract the baneful tendencies of this great expenditure of neural force. The relation of gymnastic exercise to the neuro-muscular requirements of the present day conditions of life will be made clear if we consider briefly the object of proper exercise.

Proper exercise will train the muscles to obey promptly the dictates of the will. This is important, as almost one half of the entire weight of the body is muscle, and the muscles are the only organs under control of the will. The development of huge muscles and great strength, however, is wasted energy.

Proper exercise will increase the functional activity of the heart, lungs, digestive and excretory organs, and the life, growth and function of the cells, and so increase the nutrition, furnish more oxygen, and free the system of poisonous waste products. It prevents the inroad of disease by maintaining a vigorous, healthy body that will at the crisis resist the onset of disease germs.

It will overcome bodily deformities and defects which are the result of nearly every occupation. It will also develop invaluable moral and mental qualities as nothing else will.

The deleterious influence of the complicated city life, with all but a few hours of each day spent indoors without proper exercise, brings about ill health and nervous breakdowns that can only be avoided by obeying the laws of health.

NIGHT SWEATS.

NIGHT sweats are a symptom of great weakness, and their continuance arouses grave apprehensions in the physician's mind. They accompany low states of the system, such as are caused by mal-assimilation, malarial depression, chronic toxemia from hæpatic or renal insufficiency, the checking of normal secretions, morphine habit, etc.

Whatever the cause, it should be sought and removed, for these sweats are very exhausting, and the patient will not gather strength until they are controlled.

If the trouble is due to mal-assimilation, the doctor must find a diet and method of feeding his patient which will stimulate the lacteals, raise the volume of circulation to normal, and so reach the system of nerves which governs the sweat glands.

Small feedings of highly nourishing and digestible food at frequent intervals has answered best in our experience. If medicine is required, this should be taken under the direction of the doctor.

If the sweats are Nature's effort to make the skin do its work for the liver or kidneys, throw off the poisons which normally the liver splits up, and the kidneys eliminate, then remedies which will tone up these organs, and restore them to normal activity, are indicated.

IN HOSPITAL.

I do not know what forces act
Within the protoplasmic cell—
I only know that, as a fact,
I am not well.

They put, with joy that's barely hid,
A little tube beneath my tongue.
They treat me as my parents did
When I was young.

They talk of what they call "the case"
In words some thirty letters long.
It seems to me they make the pace
A shade too strong.

But yet I do not wish to flee—
A change might haply be for worse.
There's one who cheers my misery—
To wit, the Nurse.

She sits beside me in the chair;
Her small, firm hand is cool as ice;
And when she smoothes my tumbled hair
It's rather nice.

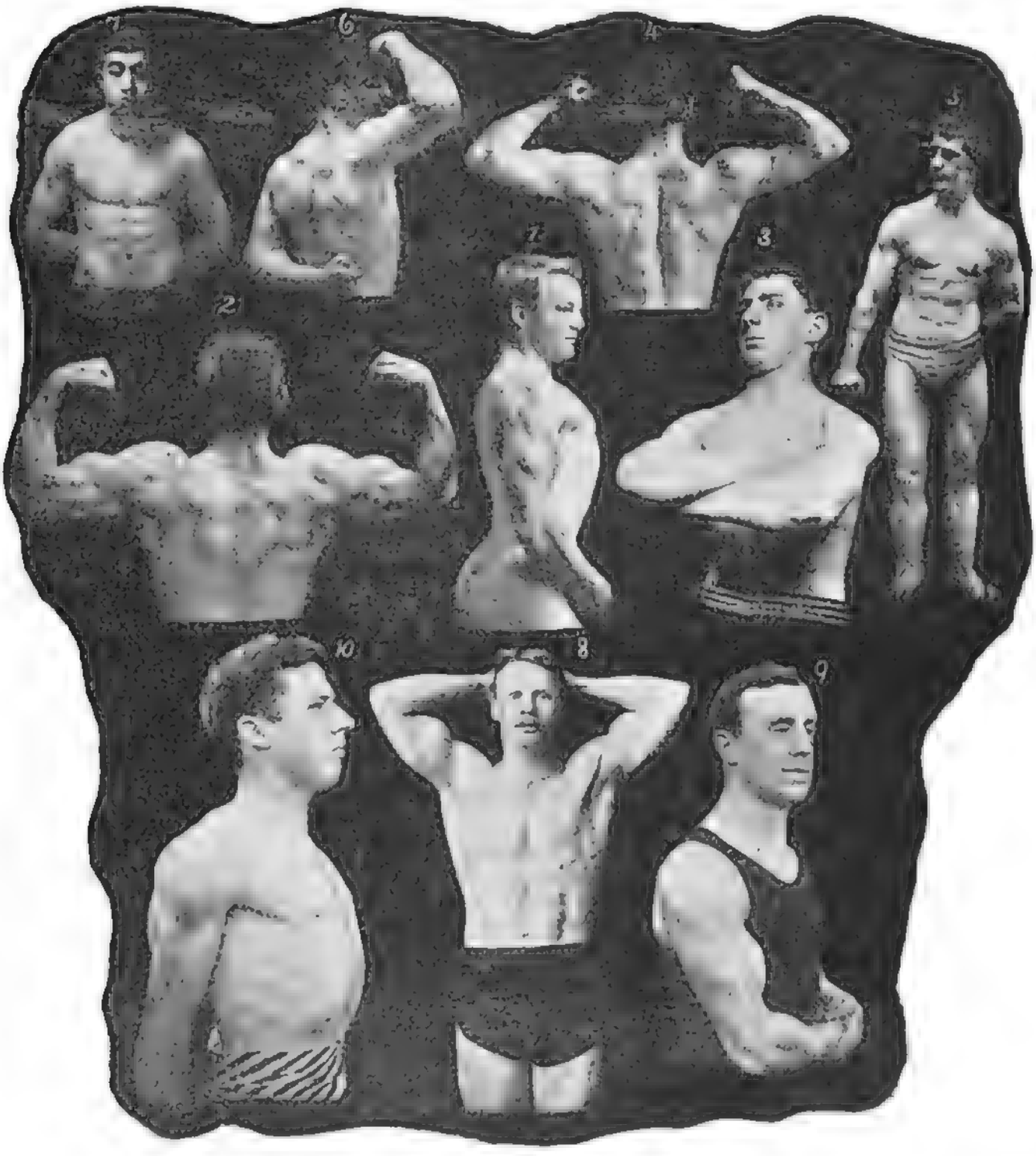
I like to watch the quiet grace
With which she moves about the ward
And when she turns to leave the place
I think it hard.

And when at last the doctor's skill
Has done its best to give me ease
I fear that I shall suffer still—
From heart disease!

A MAN'S religion is measured exactly by the number of things he loves. If he only loves few things, he has little religion. If he loves many things, he has much religion.

GOLD MEDAL COMPETITION WINNERS.

The following are Names and Addresses of the Winners of the Gold Medals and of Competitors highly commended in the April and May Competitions. The delay in deciding these competitions was unavoidable owing to a desire to give competitors in far distant parts of the world an opportunity of competing.—THE EDITOR.



1.—G. H. Marshall, Wangani, Gold Medallist, over 18 (May). 2.—H. Clair Phillips, Eastbourne, Gold Medallist, over 18 (April). 3.—C. Booth, Hebden Bridge, Gold Medallist, under 18 (May). 4.—A. Goodfellow, Brechin, Gold Medallist, under 18 (April). 5.—H. Chadwicke, Oldham, Highly Commended (May). 6.—H. Salsh, Battersea, Highly Commended, (April). 7.—J. Patchett, Halifax, Commended (April). 8.—Gunner Tyson, Shoeburyness, Commmended (May). 9.—J. G. Cobb, Dublin, Commended (May). 10.—C. Thompson, Jamalpur, Commended (May).

IS RUGBY DECLINING?

By J. E. Raphael.

The following article from the pen of the famous international will be read with interest. It is from the columns of the "Morning Leader."—THE EDITOR.

THE pessimist is ever with us, and of late years the cry of decadence in our English sports has been raised with marked persistence. Rugby football has come under the critic's lash, and the continued successes of the New Zealanders last year, and now of the South Africans is cited as a further proof that we have lost ground in Rugby football.

The amazing development of the sister game of Association is also brought forward as an additional argument that Rugby is becoming less popular. The general public have in late years undoubtedly shown some preference for Association, but whether this affects the active interest of the player himself or not it is difficult to say.

LEVELLING DOWN.

Is, then, English Rugby football on the downgrade? And the answer must depend to a considerable extent on how far the present rage for Association is going to increase. Personally, I rather think things are improving, and that more interest of the right sort is being taken in Rugby; for example, that players are more prepared to make sacrifices in the way of keeping fit, and supporting their clubs more regularly.

Perhaps the best standard of play is not so high as it was some years ago. But this, many authorities think, is not a real decadence, but only a case of "lean years," which will right itself automatically. I have heard it argued that London club football is not so good as it was, that there has been a general spread of equalising tendencies, that there has been a levelling down instead of a levelling up. Blackheath and Richmond were both formerly the great pre-eminent strongholds of Rugby in the London district, and the fact that they were able to command the services of so many brilliant performers at the same time told very heavily in favour of the English International sides. Nowadays the average strength of the London clubs is perhaps greater. But they have no longer great examples to imitate, no higher standard set before them for their emulation, since Blackheath and Richmond have declined.

THE USE OF EXAMPLE.

It is for reasons of this kind that the visits of such great touring combinations as the New Zealanders and the South Africans have done, and will do, a vast deal of good. Theoretically, of course, the Welsh clubs could always be looked to as exemplars of good play. But the New Zealanders appealed to a wider public, and the fact that they were a surprise packet undoubtedly did much to drive home the lessons they inculcated.

To take, for instance, an analogy from golf. The beginner in golf will learn far more, will see more "how the thing is done" by watching Taylor than Vardon, for everything that the latter does appears so easy that the beginner neither appreciates the difficulties nor the method. And in the same way the beautiful accuracy and apparently mechanical precision of a great Welsh side appear so easy that one instinctively feels that there is something weird, something almost superhuman, about it, and one despairs of ever being able to emulate their prowess.

The New Zealanders, on the other hand, were not nearly such a beautiful machine. One felt more that any team that was their physical equal would be able to do what they did given similar conditions. Their dash and sangfroid also appealed rather more to the English character than the subtler brilliance of Wales, which seems a bit mysterious.

HOMES OF RUGBY.

It is not very probable that Rugby football will decay while the 'Varsities and Public Schools maintain their standard. I should imagine that more interest is taken in both these homes of Rugby football than formerly—the number of schools playing under the handling code has, I believe, increased; and the difficulties which confront those Association amateurs who are not of the highest calibre ought to tell a little in favour of Rugby. I do not know what the statistics are, but I am told that the crowds watching the Rugby game are larger now than formerly. Some of the big clubs may not attract so many spectators as once they did, but there are clubs which used to exist without any "gate" at all which are now having a fair, if not a large, number of lookers-on.

It was natural that the split occasioned by the formation of the Northern Union should greatly affect the Rugby game for a time. There are now signs, however, that the Northern Union is absolutely on its last legs, and this must mean a renascence of Rugby proper in the North.

A NEWSPAPER CRY.

And finally, in comparing the relative positions of the two games in relation to Association, many people think that it is not so much that Rugby has declined in public interest, but that Association has come on positively by leaps and bounds. To take another analogy, not from golf this time, but from commerce. England's trade has not declined during the last thirty years, but the trade of foreign countries has increased so vastly that the proportion nowadays is quite altered.

To sum up. I think that in Rugby football the cry of decadence may have been largely a newspaper cry. Even if in prominent centres of the game there is not quite so much activity as formerly, other centres are being formed, and the number of those who play the game is steadily increasing.

WHERE THE LAUGH COMES IN.

"DON'T be 'larmed 'bout me, m'dear," said Luschman; "doctor says I'm in the pink o' condition."

"Nonsense!" retorted his wife; "that doctor should have looked at your tongue, not your nose."

WIFE: "The doctor says I need a change of climate."

Husband: "Oh! Well, from the look of the sky, I think we shall have one very soon."

"What can I do for you, sir?" asked the chemist.

"Well," replied the man, "my room was full of rats last night, and I want—"

"Yes, sir," interrupted the bright chemist, "bromide for yourself or strychnine for them?"

DOCTOR: "You seem to have lost all zest for life, my dear sir. You must rouse yourself and take more interest in your business."

Patient: "Good gracious, doctor, I'm a money lender."

DOCTOR: "Well, my dear sir, what seems to be the seat of your disease?"

Patient: "It doesn't seem to have any seat, doctor. It's jumping up and down all the while."

THE doctor bent over the dying man and took his hand.

"I'm afraid the end is approaching," he said. "Your circulation is at a low ebb."

With a herculean effort, the man sat up in bed. "You're a liar!" he shouted. "It went up to 80,000 last week, and I can show you the books to prove it!"

And the Great Editor fell dead.

BODILY AND MENTAL BALANCE.

Where the Greeks Surpassed the Spartans.

SPARTA was one of the cities of the Peloponnesus, which owe their origin to the Dorian invasion (according to the legendary date 1104 B.C.). Its situation was in the deep valley of the Eurotas, in Laconia, and derived its name Sparta (sown land) because it was built upon tillable land, whereas most Greek cities were built around a lofty central rock. Sparta, the capital, was in reality a vast camp, and until more degenerate times was unprotected by walls, it being thought that the martial valour of its citizens should be its proper defence.

The laws and customs of Sparta have excited more interest and attention than perhaps any similar institution of the ancient world. The laws of Sparta, according to tradition, were given by one Lycurgus, who lived about the ninth century B.C., who after having exacted an oath from his subjects that they would adhere to the given laws, went into wilful exile. The laws and customs of Sparta are not commendable.

The Spartans were forbidden to enter into any kind of trade, all their time was passed in gymnastics and martial exercise. The youths at seven were entrusted to public officers, who trained them in the art of warfare, for the aim of the whole course was to make a nation of soldiers.

In order to correct the extravagances of the rich, public tables were instituted, at which all were compelled to eat, except the ephors, not even the kings being excused from sitting at the common tables. A liberty-loving Athenian at one time visiting Sparta and seeing their coarse fare, is reported to have said, that now he knew why the Spartan disregarded life in battle. "Any one," said he, "must naturally prefer death to life on such fare as this."

That the regulations of Sparta were well adapted to the end in view, that of rearing a nation of skilled soldiers, is amply shown by the long military supremacy of Sparta among the states of Greece. The aim of the Spartan institutions, however, was extremely undesirable. They trained and developed the body and sacrificed the mind.

While we cannot look to Sparta as a model, yet she gives the epicure and the continually indolent a few practical lessons. She shows that in order to sustain life and vitality, it is not necessary to crowd the stomach with food, or lounge in an easy chair.

The Spartans were accustomed to coarse fare and a hard military life from youth up, and yet they were a nation of healthy, vigorous men, to whom sickness and disease were scarcely known, despite the severity of their lives.

If these people under such adverse circumstances could grow strong, healthy bodies, what could the English people do in the presence of all our freedom and privileges? But you all know the prevailing condition of affairs.

In Athens there was a vastly different condition of affairs. While in Sparta only the body was developed, in Athens and throughout Greece there were schools for the training of the mind and body. The studies of the Greek youth consisted of grammar, music and gymnastics, the aim of the course being to secure a symmetrical training of the mind and body alike. Grammar included reading, writing and arithmetic; music embracing a wide range of mental accomplishments, trained the youth to value the masterpieces of the great poets, and to contribute his part to private entertainments and to join in the sacred chorus of the battlefield. The exercises of the Palestrae and gymnasia trained him for the Olympic contests, or in other struggles which required personal strength and dexterity.

The Greek boys were, perhaps, trained with greater care and delicacy than any people before or since their time.

When we contemplate Greece we are lost in admiration. Their whole life is a

poem, beauty was what they delighted in. The mind was carefully trained to grasp and appreciate the beautiful, the body was trained and developed for beauty.

Ugliness was a great source of pain to the Greeks. Perhaps no nation before or since can be said to be as beautiful and symmetrically formed as they were.

The Greeks were an active people, they loved outdoor exercise, games of various kinds were their delight and recreation. The Greek girls delighted in playing hand-ball, and from this healthful exercise they derived part of their health and beauty of person.

BUTTER WITHOUT MILK.

It is not generally known that in many parts of the world clay is eaten on bread as a substitute for butter. This is termed "stone butter," and is used in many parts of Germany. In northern parts of Sweden earth is often baked in bread, and is sold in the public markets on the Italian peninsula as well as on the Island of Sardinia. In Persia certain kinds of soil were used in the manufacture of confectionery, and it is probably from the Persians that confectioners in western Europe learned to use terra alba for the same purpose. In Nubia and other tropical countries it is used as a medicine as well as a food. This practice probably had its origin in the knowledge that all earths have some kind of flavour, and take the place of salt, a necessary ingredient in all kinds of food.

A Real "New Woman." A Sandow Ladies' Class at Practice.

Though the Spartans gave all attention to the development of the body, they gave nothing to posterity. The Greeks developed both mind and body alike and they have bequeathed all to posterity. They have helped refine and beautify the world, and will continue to do so, perhaps, long as the world lasts.

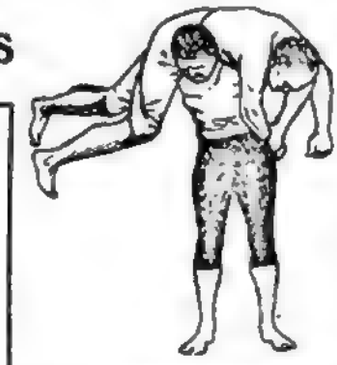
Some of our most beautiful games have come down to us from Greece, and those we have acquired otherwise are inspired by the fame of Athens. Profitable lessons can be learned from a consideration of their methods, and if their example is faithfully followed, increased health and happiness must result.

THE TOO STRENUOUS LIFE.

Of the 40,000 registered drivers and stokers of locomotives, a very large percentage, said Mr. Richard Bell, M.P., at Cardiff, recently, became mentally deranged, and this condition of things arose more from the long hours of labour than from the nerve-trying nature of the work. Such men as drivers were often harried and worried and badgered by petty officials, whose policy of pin-pricks was admirably calculated to drive the strongest workman out of his mind.

As an instance, Mr. Bell quoted from a letter to an engine driver from a locomotive superintendent, which said: "I notice that you only gained two minutes going and three minutes on the return trip, and that on another date the time gained was nil. If you cannot do better I shall have to take you off."

CLUBS, CLASSES AND SOCIETIES.



[The Editor of SANDOW'S MAGAZINE *will be pleased to receive early notice of the intentions of physical culture organisations throughout the country. Photos and reports of progress will also be esteemed and published whenever of sufficient general interest to our readers.*—THE EDITOR.]

Muscular Marylebone.

A PHYSICAL culture club has been organised in Marylebone for practice in wrestling, weight lifting, boxing, etc. The club will be open every evening from 8 to 10.30 when visitors will be cordially received and further information given to those desirous of joining by H. T. Perkins, Secretary, whose address is High Street, Marylebone.

Jiu-Jitsu in Lewisham.

THE formation of a new school of physical culture in the Lewisham district is announced. The institution is to be called the "Priory School of Physical Culture," and held at 367, High Street, Lewisham. The objects of the club are to "Promote a more general knowledge of the art of self-defence and the prevention of physical deterioration." The club, which is purely for young men, will be open daily from 10 a.m. to 10.30 p.m.; Saturdays, 11 p.m. Special instruction by the trainer is announced for Tuesday and Thursday evenings at 8.30 p.m. The services of a well known gentleman, well versed in the art of that now popular form of self-defence, jiu-jitsu, has been acquired for the purpose of giving instruction.

Swindon's Movements.

THE Swindon Town Amateur Gymnastic Society has opened a boxing branch, of which Mr. W. C. Bizley is Hon. Secretary. The Society has also appointed Mr. Seager as Senior Instructor, and Mr. Trimmer instructor to the ladies' class.

Physical Culture in Exeter.

THE Exeter Physical Health Culture Society has commenced its winter season. Special classes for boxing, wrestling, and weight lifting have been formed, whilst classes for ladies have not been forgotten. The gentlemen's classes are under the supervision of Mr. P. H. Matthews. Further information from the Hon. Secretary, F. Burrington, 50, Church Road, St. Thomas.

An Amalgamation.

TYNESIDE Physical Culture Society, and the Newcastle School of Physical Culture have amalgamated, and will hereafter be known as the Newcastle and Tyneside Physical Culture Society (Percy Street, Newcastle), which will comprise some of the finest athletes in the North.

The Church and Physical Culture.

IN connection with Arthur's Hill Presbyterian Church, Newcastle, a gymnasium has recently been started; a condition of membership of which is association in some way with the church. Mr. James Dorman is instructor; Mr. James Davidson, chairman; and Mr. Fred Boyce, secretary. At the opening of the hall the Tyneside Physical Culture Club gave a display.

The German Gymnastic Society.

Mr. A. G. MEARS, Hon. Secretary, informs us that the prospects of the season are very reassuring. The boxing class, which commenced the session on October 18th, opened very auspiciously. With Professor George Roberts, who has for many years been instructor, there is no likelihood of retrogression. Pupils are numerous and indications given of great improvement among the novices. The history of the German Gymnastic Society is rich in all that applies to physical culture. Its gymnasts have been the talk of the world, and the wrestlers from that famous nursery of great athletes have taken high honours at home and abroad. The prestige of the German gymnasium is safe in the hands of the present managers.

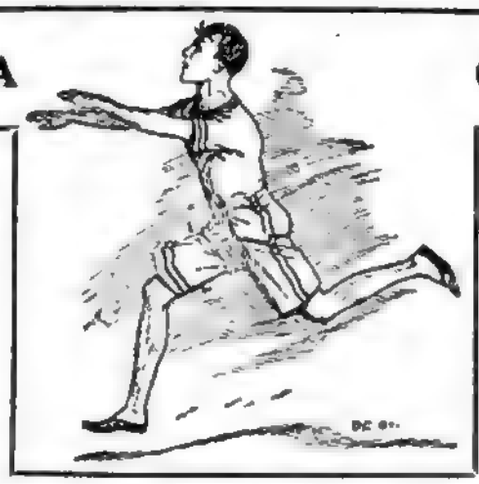
Physical Culture Society at Leadgate.

A PHYSICAL culture society has been formed at Leadgate, and the members have engaged the Miners' Hall to use as a gymnasium. Mr. M. Reid is captain and instructor; Mr. R. R. Winter, vice-captain; Mr. James Bowes, treasurer; and Alf. Winter, secretary.

Lucky Southend Ladies.

COLOUR-SERGEANT W. PECK, an ex-army gymnastic instructor, is forming a physical culture class for ladies at Southend-on-Sea. The class is to be held on Fridays from 6.30 a.m. to 8 p.m. The ladies will be taught bar-bell, dumb-bell, club swinging, free gymnastics, jumping and parallel bar exercises, running and figure marching, fencing (privately if required).

IN THE ARENA OF SPORT.



VERSATILE JOCKEY.

The American jockey W. O'Connor is becoming quite renowned for versatility. In addition to spending his time riding on the flat in both France and Germany, and engaging in cycling races with the crack Continental professionals, he has come out as a steeplechase rider. He will ride over jumps this winter for Eugene Leigh's stable.

FAMOUS SWIMMER RETIRES.

In Northern Swimming circles there is no name better known than that of Mr. R. M. Whitehead. He has been for many years a great authority on swimming, and the adviser of the fastest sprinters and distance men in the country. As a handicapper, he held sway, and his wife is considered the mistress of all that enters into the province of a perfect exponent of ornamental natation. Mr. R. M. Whitehead held the appointment of superintendent of the Salford Baths for a great number of years, and his retirement will be received with great regret by the public and swimmers.

BIRKETT'S BAD LUCK.

It is feared that Birkett, the Blackpool skipper, will never be able to play football again. His right knee gave way several times last season, but at the beginning of this it was stated to be sound. At the end of September, however, it again became troublesome, and he had to have several weeks' rest. For the first time during his fourteen years' experience as a player he turned out at half-back against Bradford, and had to retire early in the second half. He believes that had he played in his usual place at right back he would have been all right. The intermediate line was too "twisty" for him.

COLONIALS' "SPECIAL SCOTCH."

The South Africans regard D. R. Bedell-Sivright, the present Edinburgh and Old Cambridge captain, as about the best forward they have ever seen. The New Zealanders held the same view. As he is a young man for so old an International, he ought to hold his present pride of place for several years to come. Scott is a senior "cap," therefore he will probably be picked as captain and pack leader for Scotland.

Otto Meyer, the famous cyclist, has taken to wrestling, and is now taking part in one of the big Parisian championships.

ARMY v. OXFORD UNIVERSITY.

The following team has been chosen to represent the Army against Oxford on November 17th, on the Army Athletic Ground at Aldershot.

Gunner Beazley (R.G.A., Portsmouth), goal; Privates Smith and Griffiths (2nd Grenadier Guards), backs; Lance-Corporal Perkins (Sherwood Foresters), A. N. Other, and Lance-Corporal Daffern (R.E.), half-backs; Sapper Dadswell and Sapper Lewis (R.E.), Lieut. A. C. Foster (Hampshire Regiment), Lieut. R. H. Allen (R.F.A.), and Private Chapman (2nd Grenadier Guards), forwards.

THE INTERNATIONAL TRIALS.

The International Selection Committee of the Football Association have decided that the trial matches this season shall be Amateurs v. Professionals, on Monday, December 3rd, at Sheffield, instead of Amateurs v. Professionals of the South, as played last season, and North v. South on Monday, January 28th, at Chelsea.

"SPRINGBOKS" v. ENGLAND.

The booking for the great Rugby football match, England v. South Africa, at the Crystal Palace on December 8th is very heavy. Those who wish to secure seats should apply at once. The Crystal Palace is the only place where tickets can be purchased. Covered stand seats are 5s., inside rope seats 2s. 6d. and admission 1s.

FOOTBALLER'S TRAGIC DEATH.

A tragic affair occurred at the ground of the Leeds City Club during the progress of the game between the home team and Burnley. Just after the second half had been commenced David Wilson, the Leeds City centre forward, left the field, apparently suffering pain. It was not noticed that he had been injured, and it was generally thought that he had strained himself in heading the ball. He gradually recovered in the dressing-room, and, against the advice of the officials and doctors, he returned to the field. In two or three minutes, however, he had to leave again, being escorted to the dressing-room, where he died before assistance could be rendered him. Wilson, a Scotsman, joined the Leeds club from Hull City last season, being transferred in the first place from the Heart of Midlothian.

DECLINE OF PUGILISM.

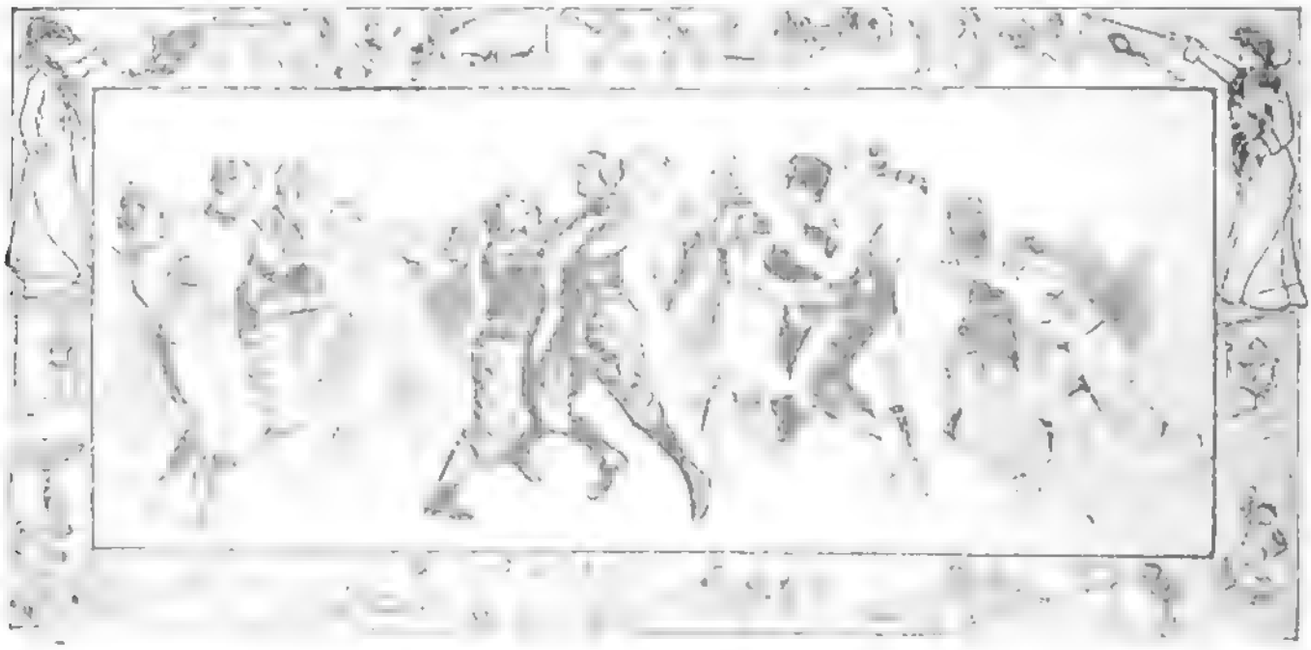
THE American sporting newspapers are bemoaning the alleged decline of pugilism in England, the country which used to furnish the doughtiest champions of the world. Philadelphia Jack O'Brien, it is declared, could beat all the English heavy weights in a single night, and in heavy, middle, light, feather, and bantam, it is the same dreary tale of the decline of English pugilism. This degeneration, says the New York correspondent of the *Daily Telegraph*, is not attributed to the growing refinement of the times, but to an absence of purses sufficiently big to induce young Britishers to adopt the noble calling. It is admitted that there are "scores of young men in Great Britain who, if properly trained, could give American champions a good run for their money," but trainers and encouragement—meaning, fat purses—are fast vanishing.

BRIGHTON'S SIX-FOOTER.

MACDONALD, the Brighton goalkeeper, is likely to make his mark in Southern football. Against Crystal Palace he gave a show that could not be improved upon. Shot after shot was rained at him from all sorts of angles, and he saved them in inimitable style. The Brighton goalkeeper stands about six feet. He was with Woolwich Arsenal for a few weeks, but he only received a brief trial with them, and dropped out of first class football until Brighton secured him.

"JASPER."

THOMAS DRENNAN, more popularly referred to as "Jasper," is playing consistently well for Northampton at right back. Born in Nottinghamshire, he learned his best football with Aston Villa Reserves two seasons back, and now, having experience, is decidedly an asset to his side. He kicks with delightful precision can run fast, if not prettily, and knows how to dodge as well as any back.



THE STRENUOUS GAME.—*American Football is almost as dangerous as war. In 1905, nine players were killed and two hundred seriously injured.*

NEW "SPRINGBOK" BACK.

MR. JOUBERT, the Stellenbosch and Western Province full back, has sailed from Capetown to join the South African team. Mr. Joubert was originally selected to play full back for the team, but could not, at the time, accept the invitation.

HONOUR FOR ESSEX SPORTSMAN.

NOBODY has done more for all-round sport in Essex than Mr. Robert Cook, and therefore every cricketer, footballer, and athlete will rejoice at the success of the Essex County F.A. Hon. Secretary in another direction. He is now a member of the Chelmsford Town Council, to which he has been elected by a majority of over 500 votes. He has been appointed as one of the four members of the F.A. to accompany the English team to Ireland on December 15th.

SURGEONS BUSY IN U.S.A.

ON the first day of the American football season the list of serious injuries, despite new laws, was a big one. Scattered reports from the various footer centres showed that nine men were very badly hurt. In the Chicago-Purdue match, for instance, Parry broke a finger, Robertson dislocated his right shoulder, Frushour lost several teeth, and Delauten twisted his left leg. In 1905 there were fourteen men killed and 200 seriously injured; to date only five have been killed this year. Things are evidently degenerating into the humane.

What is Heredity?

WHAT is meant by heredity? Exactly what is implied when someone is referred to as having inherited a certain disease?

For instance, there is some discussion as to whether or not consumption is hereditary. Some doctors say they believe it to be hereditary. Others disagree.

Now, just exactly what is meant by heredity as applied to disease? Is it claimed by anyone that a disease can be passed over from parent to child, that consumption, or rheumatism, or syphilis, or scrofula, is inherited by the child, and when born the child has one or the other of these maladies? So far as I am aware, no one makes any such claims.

There are some infectious diseases that the child may acquire before birth. In such cases, of course, the child is born with the disease, but the infant has caught the disease of its mother because of its vital contact with her person.

But this manner of passing disease along from the mother to the child is entirely different from heredity. Some speak of heredity as if, in the process of the development of the child, the disease of the mother becomes a fixed factor in the growth of the child, that when the child is born it has consumption, or rheumatism, or any other hereditary disease either parent might happen to have. It may be there are doctors that hold such a theory, but they must be very scarce.

All that is implied by heredity is as follows: Parents afflicted with a chronic disease are not so likely to produce healthy children as parents who are well. The child is born into the world with an inherent weakness, and is therefore not so able to withstand the vicissitudes which life presents.

Every child born into the world must adjust itself to the climatic conditions that surround it, or die. These climatic conditions tend towards the production of consumption or rheumatism, asthma or eczema. If a child is perfectly healthy, born of strong parents, it is much more liable to resist the climatic influences which tend to produce either one or the other of these diseases. But if either parent is an invalid, or semi-invalid, or has been long afflicted with some chronic ailment, it stands to reason that the child is born with a handicap, that he does not have so good a chance, hence is more liable to fall a prey to the influences which produce consumption or any other so-called hereditary disease.

No child has ever inherited a disease. But many children do inherit functional weakness, and perhaps organic imperfections, which render them very liable to acquire disease.

But these weaknesses which have been bequeathed to a child by sickly parents can be overcome by proper care and a fortunate environment. It is a mistaken notion to suppose that some children come into the world, doomed to be victims of some disease of their parents. They are not necessarily doomed. Such children have no disease at all, but are in a delicate condition, which renders them more liable to disease than ordinary children.

Therefore, when it is said that consumption is hereditary, all that is meant by such a saying is that children born of consumptive parents can, as a rule, more easily acquire consumption than children born of healthy parents. Indeed, such children may acquire consumption at a very early stage, while yet infants. Not by catching consumption of their parents exactly, but by acquiring consumption in the same way the parents did.

We ought not to think that the parents ever pass over to the child consumption intact. The most that could be true is, that the lungs of such a child have inherited structural imperfections, which makes them less liable to resist climatic influences than other children. This sort of heredity every intelligent person must admit.

Physical Effects of Attending School.

DR. SCHMIDT-MOUNARD, of Leipzic, in an address in that city gave some interesting results of careful investigations in the matter of the bodily development of children as affected by attendance at

school. He states as a fact, demonstrated beyond reasonable doubt, that children in the first year of school attendance gain less in weight and height than they do in preceding years, namely, only two and one-fifth pounds in weight, compared with four in earlier years, and two inches in height, compared with seven before, and that the average proportions in this respect are not again attained until later years, and further, that children who do not enter school until their seventh year are stronger and better developed physically than those who enter a year earlier.

2. Acute sicknesses are not caused by the fact that children must study, but are produced by defective hygienic school-rooms. Lack of cleanliness, of fresh air and light, decrease the ability of children to resist the attacks of contagious diseases. This, too, becomes better in later years.

3. Chronic troubles, such as weakness, headache, insomnia, and nervous disorders in general, are found to a much greater degree in schools of a higher grade than in the elementary. They increase steadily in the case of girls to the age of puberty, frequently troubling as many as 50 per cent., while in the case of boys the highest percentage is 35 per cent. After that age, in consequence of the increase of weight, they decrease to 27 per cent. in the case of girls. Eight per cent. of children about this age suffer from insomnia caused chiefly by social excitement at home. In the higher grade of schools for boys, especially where there are no afternoon recitations and the pupils are compelled to take exercise, the percentage of sickness varies from 20 to 39, while in the case of those schools where there are afternoon recitations and no enforced exercise, the percentage runs up as high as 79. Eighteen per cent. of boys in such schools complained of insomnia.

4. The cause of these troubles is to be found largely in the extra work assigned to children at home, such as drawing lessons, and the like, as also to the fact that in the schools physical exercise is not made compulsory, as it should be.

"The children," says the author, in closing, "are not too weak for our schools, and for that reason should not cease to attend; but rather, our schools make too heavy demands on the children and for that reason these demands should be made lighter." — *Family Doctor.*

Should Stout People be Taxed?

Obesity a Sign of Physical Unfitness.

WE noticed in a health journal recently a news item to the effect that fleshy people in the Swedish town of Hafanger are to be taxed when they weigh more than one hundred and thirty pounds. This tax is to be on a graduated scale, we presume so much for every pound of flesh in excess of one hundred and thirty. How much for each pound the article does not state.

This certainly is a novel idea. We are wondering what effect it will have upon the people of Hafanger. Will the people who tip the scales above one hundred and thirty simply pay the tax assessed, or will they begin all sorts of ways and methods to reduce their flesh? Will the man and the woman who weigh anything from two hundred to two hundred and fifty indolently pay the tax, or will they begin a system of diet and exercise to rid themselves of this expensive superfluous flesh?

We believe if a tax would have the effect of causing the over-corpulent people to begin a system of diet and exercise, whereby they would get rid of some of their superfluous flesh and drop off their indolent, lazy habits, it would be a good thing.

Of course, many people can weigh a great many pounds more than one hundred and thirty and still have but little superfluous flesh. The only thing that people whose normal weight is more than one hundred and thirty can do, is to pay the tax. For it could result in nothing but harm for them to try to reduce their weight by any method whatsoever. It might, however, have this good result with them, it would make them careful in their eating. They would not be so apt to overeat. They would give more attention to daily exercise and any other measures that would keep their weight within normal limits. And, on the whole, this would tend to make them more healthful.

But the man and the woman burdened with an excessive amount of superfluous flesh might be stirred, by the fear of losing a little money, to exert themselves and part with their superfluous flesh instead. Obesity, or an excessive amount of superfluous flesh, is a disease, and generally the person so afflicted is very loathe to take the remedies that will cure him.

There are many different methods of reducing superfluous flesh. Diet and exercise is perhaps the only sure and permanent one. This requires self-exertion and self-denial and the overfleshy person is generally too indolent, too lazy to apply the remedy.

If this scheme of taxation proves a sufficient spur to the fat man and the fat woman to cause them to cut down their daily rations one-half or more, go in for long walks every day and physical culture exercises, they will find taxation one of the best things that ever happened them. If they can bring themselves to give up their sumptuous feasts, their long hours of sleep, their sluggish, indolent habits, eat temperately and exercise regularly, they will find the excessive fat disappearing and the organs that have so long been burdened by this excess will become free and strong and active. They will find themselves no longer burdened by carrying about so many pounds of extra flesh, but they will take on new energy and zest in life, and while their health increases their tax will be decreasing.

The Work Cure.

Idleness and Illness are Twin Brothers.

MANKIND has long been sick. That is, a very large proportion of mankind is sick the whole of the time or a part of the time. In the past it has been the theory that there was a remedy for every disease, and the animal, the vegetable, and the mineral kingdom has been ransacked during all the ages for articles which might be used as medicine, and which would relieve the various diseases to which flesh is heir.

As a product of the experience of the years, we have what is called the pharmacopœia, or a list of various drugs, with a description of their uses and proper doses for various disorders, and as is well known, both people and physicians have relied in the main upon some form of so-called drug treatment to relieve pain and bring about recovery from disease.

Within the last few years a multitude of other agents in addition to medicines and drugs have come into use. Some of them, it is true, have been employed from time immemorial, as, for instance, the various devices of the so-called water cure. The principles of the water cure have now been tabulated under the head, hydrotherapy, and are made use of to large extent at many sanatoriums and in the private practice of some physicians. The reason why this treatment of disease by the use of water, including packs, baths of all kinds, fomentations, etc., is not more general is, according to the *Healthy Home*, firstly, because it requires great skill and knowledge to use it; and, secondly, because the treatment requires time, the services of an attendant, various apparatus, and involves a great deal of trouble. It is much easier to take a spoonful of medicine than to take a bath.

ANOTHER MEANS OF RELIEF

of disease comes under the head of electricity and electrotherapy, and this has come almost to take rank with the drugs in the pharmacopœia and the use of water as a recognised means of relieving the sick. Then there is psychotherapy, or the influence of the mind over the body; mechanotherapy, or the use of vibrationl massage, and other mechanical appliances; the light treatment; the diet treatment; all of which must be mastered by the physician who would do the best possible for his patients.

A great physician made his fame as a medical man largely by adopting the rest treatment; and physicians and sanatoriums all over the country followed him in sending the nervous and excitable neurasthenic patient to bed, with forced feeding and mechanical exercise which did not involve the use of one's own powers.

Strange to say, in spite of all the literature which has been prepared on all these methods of treatment and cure, hardly anything has been said about the most important and the most universally used

remedial agency of all, namely, the work cure. The great mass of people work, and work is good for them. It is good for the body; it is good for the mind. Even when one is mentally sick, work is a potent factor in re-establishing health, mental and physical, and it has not yet received from the doctor's side the attention and study it deserves.

PEOPLE MAY BE READY

to admit that work is the greatest factor in the maintenance of health, but they may wonder how it may be a factor in the recovery of health after disease has begun. Work does not mean physical labour alone, for the mind must be employed at the same time, in order to secure the best results. Congenial work with mind and hands to a reasonable amount, in accordance with one's strength, will do more to help a sick person to get well and a healthy person to keep well than anything else. Rest sometimes proves serviceable, no doubt, but there are many conditions where absolute rest will not only prove useless, but absolutely harmful.

It should be remembered when speaking about work as a remedy for disease that it may be a mistake to arbitrarily prescribe a sort of work for which a patient may have no liking or which he is incapable of accomplishing. Such work cannot be cheerfully done, and may not be beneficial. This does not mean cases like those certain nervous people, who complain that they do not feel like work. If left to themselves, and told not to do anything, not even to read, they are sure to dwell on their infirmities and grow morose, thus increasing their invalidism. If once interest is aroused even to a slight degree, continuance in work will cultivate a desire for occupation. One will never feel like work if one has nothing to do, and work will often accomplish what medicine and electricity and the water cure, and diet and massage, and heat and cold will never accomplish, however applied.

Every man and woman may come to enjoy certain kinds of work, and find it health-giving, brain-expanding, and pleasure-bringing. Idle men and women will escape numerous ills to which flesh is heir if they will employ the mind and body in congenial work. It is the remedy for the nervous, for work will give occupation to the mind and body and keep the patient from dwelling upon his infirmities. Exercise will be followed by increase of appetite, the skin and excretory organs will become active, and the elimination of poisonous materials will be increased.

OUR LAUREATE ON DYSPEPSIA.

Once every month—and some months twice—
  I have my touch of indigestion;
I snappishly resent advice
  And bristle at a civil question.
  I can not eat, I will not talk;
  I live on brandy and tobacco;
Uncouthly through the streets I stalk,
  A scowling, grim, inhuman Draco—
    All humankind must clear the way
    When I am having my black day.

If people cross my chosen path
    I rudely shove them in the gutter;
I care not for their peevish wrath—
  Nay, rather like to hear them splutter;
Or if by rare good luck, they stand
  In self-defence to give me battle,
I fiercely spring upon them and
  Right quickly stop their futile prattle—
    For I would undertake to slay
    A mastodon on my black day.

In sullen, silent, vengeful gloom,
  I tramp the streets—and no one hinders;
The very youngsters give me room
  Lest I smash kites or carts to flinders.
Let people learn to stand aside,
  For on the merest provocation
I'd kick a dog or choke a bride
  When I have gastric irritation—
    All things must yield to my stern sway
    When I am having my black day.

BARON ROTHSCHILD'S GUIDE TO SUCCESS.

Here is the famous list of rules of living which Baron Rothschild distributed to the youth of France who wanted to know the secret of the great financier's success:—

Shun liquor.
Dare to go forward.
Never be discouraged.
Be polite to everybody.
Employ your time well.
Never tell business lies.
Pay your debts promptly.
Be prompt in everything.
Bear all troubles patiently.
Do not reckon upon chance.
Make no useless acquaintances.
Be brave in the struggle of life.
Maintain your integrity as a sacred thing
Never appear to be something more than you are.
Take time to consider: then decide positively.
Carefully examine into every detail of your business.

HEALTH, DISEASE AND DRUGS.

Reasons Why I Have Not Taken a Dose of Medicine for Forty-Five Years.

By A. G. Humphrey, M.D.

TO understand the laws relating to health we must study all the phenomena of life. The vital processes of every animal organism are nutrition, assimilation and depuration. By nutrition and assimilation, elements of food, water and air are converted by the vital force into all the different structures of the body, and the organism is built up and sustained.

Depuration is the carrying out through the emunctories, as the skin, bowels, kidneys and lungs, all matter that has been used, and if longer retained would prove injurious to the vital domain.

When these processes play harmoniously, supply and waste being equal, we have physiological action or health; if these processes become unbalanced and obstructed, the action becomes pathological, which is disease. The vital action of an organism under proper physical conditions, supplied with the best usable material necessary for all the uses of the vital economy, is a condition of health. Disease is vital action in relation to improper physical conditions and substances introduced into the organism incompatible with vital relation, as unwholesome food, impure water, vitiated air or poisons.

In order to obtain a clear and correct knowledge of what disease *per se* is, we should carefully inquire what are the causes that give rise to diseased action. The most common and most easily observed are many forms of obstruction in the alimentary canal, arising from unwholesome ingestion, bacterian parasites miasmatic inhalation, breathing vitiated air in ill-ventilated apartments, inattention to cleanliness, thus closing the pores of the skin, preventing its depurative functions; all forms of specific virus and all other bad habits loading the system with impurities and poisons. So all these forms of matter, taken into or existing in the system that are not good for the uses of the body must be depurated from the body through the emunctories to secure health.

When there is nothing in the system except what can be used to build up and sustain the body, the action of the vital force under this normal state and condition is health.

But when the body becomes obstructed with the foreign material, morbific matter of any kind, the vital instincts recognise

STRENGTH.

According to *Answers* Mr. Harold Begbie considers this to be his best poem:—

Here on this hill, this altar, where the smell
of the world is sweet,
Where the reek of the tavern comes not, nor
the crowded cries of the street,
Where the flutes of the wind make music for
the dance of the clouds, and high
The hymn of the lark moves priestlike thro'
the flaming aisles of the sky.
Here on this golden mountain, afar from
the gutter's mud,
Father! I lift this chalice, this body that
wells with blood,
Grateful to Thee, O Giver, for the cup and
the goodly wine,
Grateful, O God, for the rapture, the strength
and the joy that's mine.

Ay for the joy—the glory, the passionate lust
of life,
The pride and the strength and the power
that thrill to the trump of strife,
Ay for the leap of the pulses, for the spring
where the muscles rise,
For the clean, red mouth, cold temples, and
the wide, glad vivid eyes;
Not as the saints behold Thee, thro' the
tremulous mists of prayer,
Comest now Thou, O Strong One, riding the
clamant air,
Yet I do love Thee thoroughly, yet will I serve
Thee long,
And thus would I know Thee always, Lord
of the Clean and Strong.

C. B. Fry's Magazine.

these agents as injurious to the organism, and to protect the vital domain an unusual vital action occurs to expel the offending matter. This peculiar action or effort of the system in relation to abnormal conditions and things is the phenomena we call disease.

This increased vital action, disease, is instinctively, not intelligently, in the direction of health, because its tendency is to restore conditions for the normal play of the vital force. Disease then is a vital effort to remove obstructions and overcome impediments, so is remedial in its results.

By this theory we can philosophically account for the various forms of disease to which humanity is subject. The vital effort to remove obstruction or impediment of any kind is nearly always through some emunctory; so we have disease of the stomach, bowels, liver, kidneys, lungs, skin, etc. The natural action of the depurating organs is health, while the preternatural action is disease.

This theory also furnishes a key to the knowledge of the modus operandi of medical appliances. On this point the medical profession is in error. They suppose that inert, inorganic substances possess a peculiar semi-intelligent action which directs it to the morbid part to supply the conditions of health. But instead of there being an action of the drug upon the system, the action is on the part of the vital organism, resisting the drug as a morbific agent and depurating it along with the remote causes of disease through some emunctory.

Professor Paine says, "Remedial agents operate upon the same principle as the remote causes of disease."

Different drugs have different effects. This fact seems at first to indicate a property of action inherent in the drug; but a careful analysis will show that the drug is inert, affecting only by its presence, all action being on the part of the vital organism. Drugs, as we have shown, are poisons, some forms being but slightly injurious, while others cause death. Those being slightly injurious are easily depurated out of the system, while the virulent poisons are absolutely incompatible with vital relations, hence when present death ensues. The obvious inference is that the variety of effects of different drugs is not owing to any specific action of the drug, but its presence calls out vital resistance on the part of the system to expel it through some emunctory.

This fact gives a philosophical basis for the classification of medicines. One class of drugs is depurated through the bowels and are called cathartics; another through the skin and are called diaphoretics; another class through the kidneys and are called diuretics; another sickens, causing vomiting, and are called emetics; another causes expectoration from the lungs and are called expectorants, etc. Each of these efforts are vital efforts to depurate the offending agent out of the system through some emunctory, together with the remote causes of disease, purifying the system, changing pathological action into physiological action, health.

Dr. Paine (Institute of Medicine) says: "It is astonishing with what rapidity many substances appear in the urine after their admission into the stomach, often not more than five or ten minutes intervening. This rapidity of excretion is particularly true of all matter which is offensive to the organism."

The remedial effort, disease, unloads the system of morbid material resulting in a condition we call convalescence, a sure promise of returning health. Dr. Paine truly says remedial agents can never transmute the morbid into healthy conditions. This alone is the work of Nature.

My argument in proof of disease being a vital process offers an easy solution of the problem of death. Disease is health-tending and death-tending at the same time, as war is at the same moment a destructive and a remedial process. Disease wastes the sum of the vital force precisely in the ratio of its duration and intensity, as war exhausts the resources of the nation. If the remedial effort succeeds in purifying the system before the fund of life is exhausted, health will be restored, but the vigour of life will be more or less impaired.

In a state of war a nation in conflict manifests, not deficiency of force, but extraordinary activity. So in disease, the living system manifests uncommon energy because it has something unusual to do.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—One may help Many.

For the exchange of Ideas, Personal Experiences and Photos for the encouragement of Club Members.

Every Reader of "Sandow's Magazine" is a candidate for Club Membership.

Members are expected to act up to the Club Motto, and the President will award the Club Fellowship Medal to those Readers who qualify for its possession by

(1) Contributing a letter or experience worthy of publication, and by

(2) Introducing this magazine and advocating Physical Culture, to not less than fifty friends and acquaintances. To secure the Medal the qualifying Reader must send in the names and addresses of the fifty to whom the copies have been distributed, together with a "cutting" of the published "Letter," bearing date of issue, as well as stamp for postage of the Medal.

The fifty specimen copies are supplied free and carriage paid to qualifying members. In the case of foreign and colonial Readers, the sending of fifty names and addresses will be considered as entitling to the Medal.

No medals will be sent without application is made.—THE PRESIDENT.

Has not had a Cold.

Old Kent Road, S.E.

SIR,—Though I have been a reader of your valuable magazine for a long while, I have not thought that I was worthy of your Fellowship Medal, as I could not truthfully say that I had helped many in the cause of physical culture. But now it is different. I have introduced several persons to physical culture, and, what is more, they have greatly benefited by it. One at first said it was all "rot." That was four months ago. I persevered with him, and now he possesses developer and grip dumb-bells, and says he has not had a cold yet, whereas he used to have about half a dozen every year before this. I have also introduced your system to a young lady friend, and she likes it immensely. Personally, I cannot imagine how persons of sedentary occupations can afford to neglect exercise, as many of them do, when once it is brought under their notice. They do not know what they are missing. They, indeed, will be much "too old at forty" unless they rapidly change their mode of living.

W. E. SIDE.

Physical Culture cures Chest Troubles.

Stonehouse,
Devon.

SIR,—It is with great pleasure I am writing to tell you that I have received great benefit from your course of physical culture. I started about eighteen months ago and have now obtained what I think a very fair development by using your grip dumb-bells and developer which, in my opinion, is the best one can get. I have a brother who used to suffer a lot with his chest, but now, after using your developer, he is very much better. I have also got four of my friends to buy your grip dumb-bells and another one a developer, so you will see that I am doing my little bit in trying to do all I can to further the good work of which you are the pioneer. I am a constant reader of your magazine and after reading same I pass it on to a friend who has lately taken up physical culture.

W. J. RIMER.

A Good Example.

Pentrebach,
Merthyr Tydfil.

SIR,—I have very great pleasure in writing to you. It gave me great pleasure to think that you were so prompt in the despatch of the football for which I sent, and I may also tell you that I was very much pleased with it, as well as my colleagues. I have tried hard to get new readers for your excellent magazine, but without success, until I hit on what I thought was a brilliant idea. I was in a hair-dresser's shop the other day, who, like myself, is very much interested in your system and I asked him if he took in your magazine, which he did not, so I told him that I had tried hard to find readers for it, but couldn't, and I asked him if he would take them so as to give someone a chance to gather some of the benefits to be seen therein. So he consented, and after he had finished with me I went home and went to my friend, to whom I was in the habit of giving them after I had finished with them and who had in his possession some dozen copies, and took them over, and he was very pleased to receive them, so I don't think there is any better way of distributing so excellent a book. There are many different opinions

appearing in your magazine week by week, and one this week caused me to read it over more than once, as it in a sense condemned the date and the banana as food diet, and it greatly surprised me when I read it.

F. C. Tyler.

Seven Months' Result.

Bombay.

Sir—You will, I daresay, remember that I wrote to you in November, 1905, giving my measurements and, unfortunately, owing to pecuniary difficultes, was not able to take your £5 course. Anyway, on December 25th, 1905, I got a pair of your dumb-bells (grip) and a developer and from that day up to now have gone through your exercises. I must own up that I was never so surprised in my life when, after seven months, I had my measurements re-taken and gained the results below :—

Started. Dec. 25th, 1905.	After 7 Months. Aug. 18th, 1906.
Right bicep, 10½ ins.	Right bicep, 12¼ ins.
Left bicep, 10 ins.	Left bicep, 11¼ ins.
Chest 32 ins. (normal)	Chest 33 ins. (normal)
Chest 34 ins. (expanded)	Chest 37 ins. (expanded)
Waist, 29 ins.	Waist, 26 ins.
Wrist, 6¼ ins.	Wrist, 6¼ ins.
Left forearm 10 ins.	Left forearm 10¾ ins.
Right forearm 10 ins.	Right forearm 10¾ ins.
Hips, 32½ ins.	Hips, 36 ins.
Right thigh, 17½ ins.	Right thigh, 21 ins.
Left thigh, 17¼ ins.	Left thigh, 20¾ ins.
Knee (both), 14 ins.	Knee (both), 14½ ins.
Right calf, 11¼ ins.	Right calf, 12¾ ins.
Left calf, 11¼ ins.	Left calf, 12¼ins.
Ankle, 8¼ ins.	Ankle, 8½ ins.
Neck, 14 ins.	Neck, 15 ins.
Weight, 9 st. (stpd.)	Weight, 9 st. 7 lbs. (stpd.)
Height, 5 ft. 10½ ins.	Height, 5 ft. 11½ ins.
Age, 19 years	Age, 19 years, 7 months
Heart : quite strong	Heart : excellent
Signed R. Fido. N. Garriock.	*Signed* L. Carroll. P. J. Saundy.

All these measurements are correct and were witnessed by the people who signed their names on this paper.

I am having excellent health just now, a thing which was unknown to me one year back, when I suffered very much from indigestion and general debility. My people even remark that I am not that same Leslie they knew a year ago, and what is more I have got five young men of my own age to go in for your system. If you think the following advice would be useful to any of your magazine readers I shall be very pleased to see my photo and a few hints inserted in your famous magazine.

I believe in exercising in the morning. On Mondays, Wednesdays and Fridays I go through every exercise of your dumb-bell chart, twice each movement; on Tuesdays, Thursdays and Saturdays the chest expander exercises and developer, which I find exercises the whole of the body. I exercise only twenty minutes every day; in the morning, with the window open. About one minute after I have finished exercising I have my cold bath and feel as fresh as a daisy right through the day. I also go in for football, cricket, swimming and rowing, and have won several cups and medals while at King's College and Hereford Cathedral School and Bussage House. I shall be very pleased to interview anyone at my address, No. 2, Dorab House, Colaba, Bombay, to let them see what your splendid system of physical culture has done for me. I thank you from the bottom of my heart for the strength and new life which I have gained through your system.

Leslie Pat. Carroll.

From Sunny South Africa.

East London,
Cape Colony.

Sir,—I have just recently commenced taking in your excellent magazine, and as you request readers to act up to the Club Motto and send personal experiences, I think it is my duty to tell you how I have benefited by your system.

About a year ago I purchased a pair of your grip dumb-bells and did my exercises regularly, according to the chart. I have always been of a weakly nature, and the result of the exercises were astonishing. In view of the good results obtained, I made up my mind to go in for physical culture in real earnest and chose a course of your curative physical culture. A developer was sent me and I set to work at once. I have nearly finished the first portion of the course sent me, and need it be said that the results are satisfactory? My body is much more upright now than it used to be and the muscles of the back and shoulders specially have increased to a great extent. My friends and I often arrange "putting the shot" and weight lifting contests, and I am proud to be able to say that owing to your system of training the muscles, I generally manage to beat my opponents easily.

I recommend your system wherever I can and have already induced two of my friends to take up physical culture. Both of them use the grip dumb-bell. My dumb-bells and my developer are quite indispensable to me and I should be unhappy without them. No honest, manly, straight forward person should be without them.

F. W. Meyer.

A Practical Supporter.

Glasgow.

Sir,—As I am determined to uphold the Club Motto and obtain a Medal, I have presented a friend with one of your single strand chest developers, and have shown him the way to use same. Then after reading your magazine weekly I present a copy to several chums, who are becoming quite interested in physical culture. Every night sees me busy with my sixteen year old friend, to whom I presented the developer, and then I proceed to my combined developer. After a cold sponge down I get into bed having done another night's service for the Sandow movement.

Wm. J. Stuart.

A Suggested Evercirculator.

Sheerness.

SIR,—The motto for the Readers' Club, "One May Help Many" suggests the possibilities of a SANDOW'S MAGAZINE Readers' Club, "Evercirculator." I trust the following may prove of service and help to bind the younger members of the magazine more closely together and be the means of forming a firm friendship with other physical culturists to their mutual advantage.

An "Evercirculator" is a manuscript magazine which passes round among a limited number of members—but there need never be any limit to the number of evercirculators—a dozen is a fair number of members. The magazine itself consists of a book cover with about fourteen or sixteen strings in which to slip the contributions from the different members; one member—generally the "founder"—is chosen as the conductor, whose duty it is to arrange the "Time table," "subjects for discussion," etc. Each member is allowed three clear days to read the articles of his fellow members, make a friendly criticism, and write a short article of a couple of pages. The book goes round from member to member until it reaches the conductor once more, upon which he removes his former article and replaces it with a fresh one on a subject previously arranged, so that each member has about three weeks' notice of the subject for the next discussion, and by the time of its arrival he has a rough idea of what he intends to write The necessary cover—costing 1s., and paper only 1s. 6d. per five quires, may be obtained from Sir Isaac Pitman and Sons, Bath, or may be improvised foolscap will suit admirably, and no cover is really necessary if the pages are bound with a tape.

There may be several departments. For example, one for selected or original articles on subjects connected with physical culture; another for continuation of former discussions; a "mutual advice" section, but beyond this it is hardly advisable to go at first, as it tends to complicate matters. The subject for discussion may comprise anything appertaining to physical culture, "deep breathing," "Vegetarianism," "Experiences in holiday camps," "Why is compulsory physical culture necessary," the different methods of exercise—developer, expander, dumb-bells and weights, etc., and of course criticism and review on the various physical culture magazines, and if possible an occasional article from the pen of Mr. Sandow.

The book, consisting of twelve members, would come round about once in five weeks, and I feel sure would prove of considerable interest to the many young fellows who are now taking up the study of physicul culture and having no chums with whom they could exchange ideas, would like to get into communication with others similarly situated.

Many of these magazines are already in existence among Pitman shorthand writers, some of them being devoted exclusively to physical culture subjects. The contributions are often embellished with pictorial postcards of muscular men and bits of pretty scenery, and it is undoubtedly a very welcome means of passing an hour to two away in reading the efforts of others and writing your own essay. It is, too, no little help in spelling and composition to write a short pithy article. Of course, it is not expected that we shall all be Rudyard Kiplings, but all that is written should be in plain, simple language that "One May Help Many" and "many may help one."

If any readers wish for further particulars I shall be pleased to answer on receipt of a stamped addressed envelope, my address being obtained from your office.

Yours truly,

EVERCIRCULATOR.

[Any of my readers in sympathy with my correspondent's suggestion should write to Mr. James Cork, 24, Rise Street, Sheerness.]

A NORTH COUNTRY READER.

Letters have also been received from the following: S. Machell (Sheffield); W. Riseley (Forest Gate); H. Richards (Middlesborough); J. Donnelly (Manchester); A. E. Hammond (Watford); H. Smith and F. Nichols (Salford); L. Crispin Wannington (Lee, S.E.); E. Chajoina (Pendleton); R. Hillman (Perth); J. Smith (Monte Video); E. Heatley (Birmingham), C. H. Heaths (Lichfield); Wm. Marco (Staines); C. H. Shone (Newport); A. Carpenter (North Shields); E. E. Fox (Dover).

"WITH many thanks I must acknowledge receipt of the 'Fellowship Medal.' I am very much charmed with same, and consider the design thereof most excellent and something very much out of the common.—E. M. COHEN (Kimberley)."

FOOTBALL ON SKATES.

A Game Requiring Strength, Skill and Stamina.

THE Alexandra Palace Rink Rugby team, which is at present invincible at the new pastime of football skating, has challenged the Crystal Palace cohort to a match, to be decided at the Sydenham arena in a few days' time.

It would be difficult to conjure up in the imagination a more exhilarating game than Rugby on skates. The interception of a Gallaher in his dauntless flight with the ball may be a hazardous undertaking, requiring both nerve and skill; to check the onward passage of a fearless skater, when the movements of the intermediary are governed by the caprices of eight little boxwood wheels and a false "stroke" of the feet capable of bringing him down on the hard asphalt, demands even sterner qualities.

A word about the origin of this new evening sport. It came into being, as many games do, by accident. A party of adept rink skaters, young City men working off superfluous energy after office hours, were throwing a tennis ball one to the other as they raced along. It relieved the monotony of ordinary skating, and was at once voted "good fun." Then someone suggested a larger ball—a Rugby ball. Goal posts quickly loomed on the horizon; after them came special rules for the rink, and finally a brand new game. Of course, it was a bit risky at first—this dexterous collaring of flying skaters—and it is not surprising that on the first occasion when an important match took place one man was hurled to the ground and broke three ribs. But a few regular practice games, a few mutual understandings among the players, soon eliminated grave danger. Since that first day, though risks are ever present—and in what manly game are they absent—there has been no accident to chronicle.

Fifteen men a-side are not required for Rugby on skates, for the rink cannot be much over fifteen yards wide, though it may be some ninety long, and thirty men rushing pell mell on skates after an egg-shaped ball would provide chaos and a few accidents into the bargain. Six men a-side is the regulation field—two forwards, two three quarters, and two backs. The goal posts at either end of the dumb-bell shaped rink are about six feet high and eight feet apart, and are fixed in barrels. There is no cross bar, for as no kicking is allowed there is no question of converting a try.

Indeed, a try counts as a goal without any further ceremony.

To score it is necessary for the skater to convey the ball between the posts and deposit it on the floor immediately behind. If he attempts to score without passing through the posts the other side can claim a foul, and a scrum is thereupon formed on the spot. The scrum on the rink differs from the scrum on the meadow in that the eight men who compose it dive for the ball with their right hands, putting their left arms over the shoulder of the neighbouring player. The back throws the ball in the centre of the group, and the eight forwards and three quarters each endeavour to "hand" it out. So when the game is started or after the scoring of a goal, the four forwards all bend over the ball at the centre of the rink, and touch it with their outstretched hands; then, when the whistle sounds, the scramble on skates begins.

Considerable skill is required, it goes without saying, for there is no firm foothold as on turf. Passing is by Rugby rule—backwards; a breach of this law leads to a scrum, which on the rink is a far livelier affair than it often is on grass. Of course, the forwards' work is more dangerous than that of either the three-quarter or the back for the former is going at full speed most of the time and a false movement may bring disaster.

THE Laplanders are the shortest people in Europe, the men averaging 4 ft. 11 ins., the women 4 ft. 9 ins.

ARTICLETTES.

THE DIFFERENT KINDS OF COUGH.

Coughs may be dry or moist. In either case it is a symptom only, and not a disease in itself, and is the result of a natural effort to expel from the lungs or windpipe any irritating substance that may be there, such as phlegm or other acrid secretion or foreign body. In some cases its action is so important that any abatement may lead to organic disease by the choking up of the air-passages and air-cells of the lungs. Coughs may result from direct irritation of the air-tubes by inhalation of cold and damp air, or irritating vapours—the mechanical irritation of foreign substances—irritation of the back of the throat, especially when there is a relaxed uvula—inflammation or other disease of the lungs—asthma—croup—inflammation of the membrane lining the bronchial tubes; or cough may be sympathetic, as occasioned by disorder of the stomach ("stomach cough"), or in some cases irritation of the ear ("ear cough"), liver, or bowels, or of nervous derangement, such as hysteria, or it may be spasmodic, as in whooping cough. Under this heading we have only to treat of coughs proceeding from such simple cause as the inhalation of cold and damp air, or, in other words, simple cough—without organic disease—from cold.

If the cough is dry, the best treatment will be mucilaginous drinks, such as linseed tea, with, perhaps, ten or fifteen drops of ipecacuanha wine, two or three times a day. Sometimes the inhalation of steam with, or without, a teaspoonful of tincture of conium added to the boiling water may give great relief. Counter-irritation, produced by rubbing the chest with hartshorn and oil, or some other stimulating embrocation, or mustard and linseed poultice, will prove of much service. If the dry cough does not yield readily to either of these remedies, some organic disease must be looked for, such as bronchitis, pneumonia, congestion, stomachic disorder, etc. A moist cough, or that in which expectoration is abundant, may result from a common catarrh, or from some inflammatory affection—from Asthma, or perhaps consumption.

DANGER LIES IN DRAUGHTS.

Through unwarrantable fear of catching cold from every breath of air, many people house themselves, both day and night, in rooms and apartments that are little better than air-tight chambers. They force themselves to breathe an atmosphere that is deficient in oxygen and contaminated with carbonic acid and other poisonous gases. And, as a rule, they have their rooms excessively warm. A good fire in an open fireplace may carry part of the contaminated air away with the smoke, but steam radiators and other heating devices which require neither air ducts nor flues in no way diminish the impurity.

The effects of breathing vitiated air are especially pernicious to the health of children. They are generally manifested first in the nervous system by the production of drowsiness and mental dulness. Poisonous matters that are normally exhaled by the lungs and skin are retained in increasing quantities in the blood. They render it impure, and a form of anæmia is soon produced.

UP-TO-DATE INOCULATION.

First they pumped him full of virus
From some mediocre cow,
Lest the smallpox should assail him
And leave pitmarks on his brow;
Then one day a bulldog bit him—
He was gunning down at Quogue—
So they filled his veins in Paris
With an extract of mad-dog;
Then he caught tuberculosis,
And they took him to Berlin
And injected half a gallon
Of bacilli into him;
Well, his friends were all delighted
At the quickness of his cure,
'Till he got the typhoid fever,
Then his death seemed speedy, sure;
'Till the doctors with some sewage
Did inoculate a hen
And injected half its gastric juice
Into his abdomen;
But as soon as he recovered,
As, of course, he had to do,
There came along a rattlesnake
And bit his thumb in two.
Once again his veins were opened
To receive about a gill
Of some serpentine solution
With the venom in it still.
To prepare him for a voyage
In some Asiatic sea
New blood was pumped into him
From some leprous old Chinee.
Soon his appetite had vanished!
And he could not eat at all,
So the virus of dyspepsia
Was injected in his gall.
But his blood was so diluted
By the medicines he'd taken
That one day he went to sleep
And never did awaken.
With Brown-Sequard Elixir
They tried resuscitation,
Still he never showed a symptom
Of reviving animation.
Yet the doctors still could save him
(Persistently maintains),
If they only could inject
A little Life into his veins.

THE SANDOW GIRL AT THE HALLS.

Miss Maud Odell, who it will be remembered by many of our readers, is one of the original Sandow and Symmetrion girls, has introduced at the Palace Theatre of Varieties a series of statuary poses taken from the world's most famous masterpieces.

Miss Odell does not possess such massive proportions as some of the personators of this class of work. However, this is no disadvantage, as her figure is as near perfection as possible. She has also (from an artistic point of view) made a great improvement by doing away with the ordinary scenery, having the stage set with crimson plush, extending the full height and width of the stage.

From the applause and appreciative remarks which reached our representative's ears, undoubtedly this class of entertainment has found great favour with music-hall frequenters. This, is as it should be, for although we should not go so far as to agree with Mr. Stead, that music-hall performances were mere drivel, performers like Miss Odell are more interesting, instructive, and pleasing to the eye, than many of the so-called humorists, whom it is often our painful duty to meet across the footlights.

We do not know how it is possible for any lady to see Miss Odell's performance without desiring to improve her physical beauty by judicious exercise.

There was one little point in the performance which doubtless Mr. Butt (Manager of the Palace Theatre) has already improved, and that was to our mind some of the poses were rather rushed and did not allow sufficient time for the audience to realise the beauty of them.

We trust in an early issue to be able to reproduce one or two photographs of Miss Odell in her performance.

BOSTON'S ENTERPRISE.

The City of Boston (Massachusetts) maintains a playground exclusively for adults who have passed the period of life that used to be associated with the idea of play. Tennis courts, golf courses, and a court for the English game of lawn bowling are features of the playground, Franklin Field. "Bowling on the Green" is played here by members of the Boston Bowling Club for the second season. There are very few places in America where the game is played. The only features in Franklin Field that appeal especially to children are the base ball diamonds, but the users of this part of the field are seldom younger than seventeen or eighteen. The idea of providing one place where fathers and mothers, as well as unattached males and females, may play joyously and freely is worthy of consideration by other cities that have not already done likewise. It is very seldom that playgrounds for children and for adults can be united. Children generally prefer to play without the association of their elders, and the elders are just as particular. Experienced directors of physical training learned this fact long ago in their indoor work.

CHINESE OFFICERS AND OPIUM.

Many indications are apparent of the desire of the Chinese Government to check the use of opium, and, although there is no fresh development in the matter, the Government is still considering the framing of the regulations to control the traffic in the drug. The use of opium has been strictly prohibited in the new Chinese Army and in schools. Several officers of the old Manchu Banner Corps have been cashiered for smoking opium, and it is understood that the higher officials in all the Yamens have been ordered to break themselves of the habit within six months.

The Chinese authorities fully acknowledge the stupendous nature of their task, and admit the difficulties in the way of checking the growth of native opium, which, according to expert estimate, is from eight to ten times as great as that imported from foreign countries.

HOW WEAKLINGS ARE MADE.

Craving for drink of any kind indicates a weak, nervous system. Every cell composing it is crying out for nourishment which the average unintelligent person usually satisfies with a stimulant. The craving that has made drunkards, morphine slaves, and sexual wrecks can be traced back, in a great many instances, to a weakened nervous system that was bequeathed to a son or daughter by a mother whose own nervous system had become weakened and enslaved by the coffee or tea drinking habit. Nervous diseases and nervous tendencies prevalent to-day, may be said to have been suckled with the milk at the breasts of ignorant mothers who thought it harmless to stimulate the lacteal flow by drinking freely of coffee or tea during the nursing period.

MENTAL HEALTH.

One of the signs of mental health is equanimity of temper, and the ability to bear with indifference, or even pleasure, the little trials of life, and especially those which come from scolding, petulant, cross, irritable persons. To this end, the art of not hearing too much should be learned. There are many things which it is so painful to hear, very many of which, if heard, will disturb the temper, corrupt simplicity and modesty, and detract from health and happiness. If a person falls into a violent passion, and calls one all manner of names, and we can shut our ears and not hear it, or if we can laugh at the words instead of becoming one's-self excited, it is a sign of a healthy nervous system.

HILARITY IN HYGIENE.

Little Miss Muffet
Sat on a tuffet,
Eating of curds and whey;
A microbe espied her
And slipped down beside her,
And she had influenza next day.—*Ex*

At the request of a large number of readers, the Editor has decided to renew this feature of the magazine. All questions will be answered as soon as possible. but readers must remember that, owing to exigencies of printing, an immediate reply cannot always be assured.—THE EDITOR.

Advice to a Dyspeptic.

S. G. P. (YORK) asks me "What foods I would recommend for a chronic dyspeptic?"

[*Answer.*—What any dyspeptic can eat would have to depend on the individual peculiarities of the case. As a general rule, the food should be plain and taken in moderate quantities. No rich nor highly seasoned foods should be taken, and but one or two kinds of food at any one time. Plasmon makes a very good article of food. It is very nourishing, and agrees with most stomachs. Buttermilk is very nourishing, and very often agrees when sweet milk will not. A raw meat sandwich makes a very excellent dish. Get a piece of round steak and scrape the meat off with a knife. This should be spread on a piece of stale bread. The bread should be first buttered, and the meat salted and peppered. Then the two pieces of bread are placed together, with the meat between. A little raw onion may be added to this if preferred.

Broiled steak, boiled rice, grape nuts, or any cereal, baked potato, a raw apple sliced very thin and eaten with sugar and cream. These are a few things that are very good articles of diet. But, as stated above, what any patient can eat will have to be decided by his own experience, and regular exercise and attention to health will soon restore healthy digestion.]

Cause of Varicocele.

A. G. (STREATHAM) asks "What is the cause of varicocele?"

[*Answer.*—The causes are not definitely known. It has been attributed to a lax state of the parts, induced by debility or general want of tone, to sexual excesses, or prolonged standing. But varicocele often exists when none of these causes are present. A hygienic life, plenty of fresh air and exercise is advisable, though it would be safe for A. G. to consult a physician.]

Turkish Baths.

"What," asks RHODERICK (PERTH), "do you think of a patient who is suffering with malnutrition, insomnia, intestinal indigestion, etc., taking a hot air or Turkish bath once a week? Patient is male, forty-two years old, no organic disease."

[*Answer.*—Unless the patient is very fleshy and of strong constitution, I would not advise the Turkish baths. They are depleting in their effect. He had much better take the cold bath and rub in the morning. Turkish baths are not applicable to thin people, with anæmic nerve centres. They are more applicable to plethoric people, whose systems are saturated with some blood poison like rheumatism or syphilis. In any case, a vapour bath, like that supplied by the Gem Supply Co., is much safer than the ordinary Turkish bath.]

Ravenous Appetites.

LARRY (DUBLIN) says he has a tremendous appetite and never feels satisfied. Is hungry all the time. Is it, he inquires, indigestion or something else? Although employed as a stenographer, he walks a great deal after office hours.

[*Answer.*—A ravenous appetite is sometimes a symptom of dyspepsia. In case of dyspepsia, however, the appetite varies. One day no appetite, the next day a ravenous appetite.

It is also said to be a symptom of tapeworm. This is not always the case, however. There is no positive evidence of tapeworm except the appearance of the worm itself.

There is another thing that a ravenous appetite may indicate, especially if the digestion remains good, and that is sugar diabetes. With sugar diabetes there is an enormous appetite and a great thirst, and an inordinate amount of water is passed. If you have any reason to suspect diabetes you can test your urine for yourself. Put some in a clean bottle and add a little yeast. Cork it up tightly. Set it in a warm place over night. If it contains any sugar the cork will be blown out of the bottle by the fermentation that has taken place inside, and bubbles will appear all over the top, and the fluid will be full of the bubbles. If it contains no sugar nothing of this sort will happen to it.

Or it may be, in your case, that you are at an age when the rapid growth of the body requires an unusually large quantity of food. In such a case, you ought to feel proud of your good appetite.]

Building up the System.

"Will you kindly tell me whether you consider syrup of hypophosphites harmful to take for building up the system? I have been nervous, and this has been recommended." So asks J. E. L. (MANCHESTER).

[*Answer.*—It depends on the particular syrup meant. Some of the syrups of phosphates have strichnia added, others quinine. The pure syrup of hypophosphites, or what is better, acid phosphate, is not harmful if occasionally used. It does stimulate the brain and nervous system, and, therefore, should not be used habitually. I think it harmful for any one habitually to use any unnatural brain stimulant. The best brain and nerve builder is either a use of the tissue remedies in their natural state, or else through diet and exercise find in a natural way all the nerve food that is necessary.]]

Sweating Feet.

"Is there any cure for sweating feet," inquires TED (ILFORD). He is troubled with sweating feet both summer and winter.

[*Answer.*—Bathe your feet every night and every morning in cold water. To this add each time two table spoonfuls of witch hazel. You should dress your feet so there will always be a free circulation of air within the shoe. Wear low shoes, especially in the summer time. Unless you are troubled with cold feet, I would advise the use of cotton or linen socks. The woollen retains the moisture, while cotton or linen would have a tendency to absorb and dissipate it. Patent leather shoes are also very conducive to sweating feet, and should therefore be avoided.]

Acidity of the Stomach.

R. A. J. (BEDFORD) suffers from acidity of the stomach, and asks what he can do to obtain relief.

[*Answer.*—There is nothing better for this condition than hot water. Take a glass of hot water on rising in the morning. Also, about half an hour before each meal. Your diet should be carefully selected. Make your meals simple, eating only one or two kinds of food at any one time. Use no drink with meals. What you can eat will have to depend on your own experience. Do not eat anything that you know will disagree with you. As a general rule, fats are well borne, such as butter and oil of some kind, milk and cream. Rich foods, such as pastry should be avoided. The food should be eaten slowly and well chewed.]

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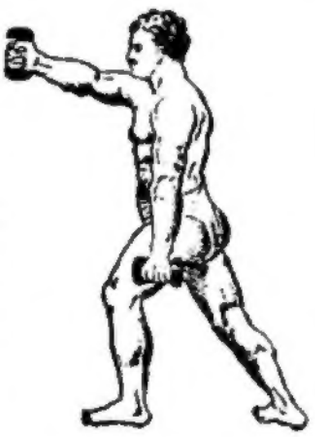

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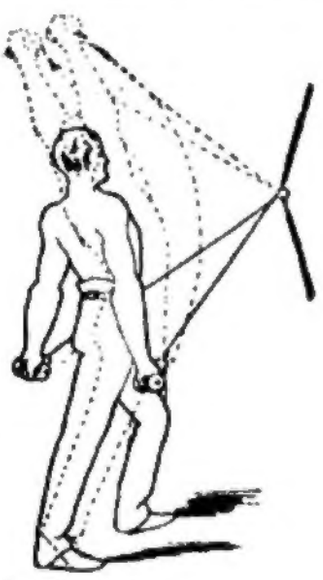

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